

SPOKE FOLK PACKING LIST AND EXPLANATION

Please read this list carefully!

BIKE EQUIPMENT- MANDATORY:

- A Bicycle
- An orange flag
- A helmet that has NEVER been in any kind of accident
- At least one large water bottle
- At least one extra tube in case you get a flat tire
- A bungee cord
- An ID card and 50 cents
- Bike bag (to carry tube, ID card and money)

BIKE EQUIPMENT - RECOMMENDED:

- Bike shorts
- Bike gloves
- Any tools, pumps or other bike maintenance items



CLOTHING - *(FOR PROGRAMS):

Many people say on each tour, "I wish I would have known we needed that!" PLEASE TAKE TIME TO READ THIS LIST! Since there are many ideas of appropriate dress, Youth Encounter has given us specific advice on how we would like Spoke Folkers to present themselves:

- Clean, brightly colored clothing, khaki shorts or pants, short- sleeve polo shirts are great! Semi-dress shoes/sandals are also great!
- Jean shorts and jeans are OK as long as they are clean; Umbros and other "athletic" kinds of shorts as well as "cut-offs" are **NOT** appropriate. If you have to ask yourself or someone else "Are these shorts too short?"- the answer is "YES" so please leave them at home. **We have a responsibility to the churches but also to our brothers and sisters in Christ. Don't wear anything that would lead them into sin.**
- T-shirts are OK -especially if it is your Spoke Folk shirt, a Youth Encounter shirt or any other shirts that witness to the love of Christ! If you think what your t-shirt says may offend someone, please leave it at home.
- Tennis shoes are OK but they should be clean (and probably not the ones you biked in all day to avoid offending your friends)
- Ladies...Despite what may be "in style" visible bra straps are not appropriate! Remember that you are leading people in worship!
- You do not need a different outfit every night. You will only wear your program clothing for a few hours each day. PLUS...the only people who will see you wearing the same outfit more than once will be your fellow Spoke Folkers who will be doing the same thing!

CLOTHING -FOR BIKING:

If you have old t-shirts or athletic clothing that is way out of style, they are PERFECT for Spoke Folk! This will be a great opportunity for you to put final use to them! You are going to sweat and get dirty, so you might as well wear some of your "more experienced" clothing.

- Bike shorts are recommended but gym shorts will be great!
- T-shirts are great, ESPECIALLY LIGHTER COLORS! Remember that light colors reflect sunlight while dark colors absorb sunlight. Ladies we discourage biking in sports bras. **Remember: Because of the sun and wind, covering yourself is actually important for keeping water loss to a minimum!!**
- It is a great idea to have a long sleeve t-shirt in case it rains or you get sunburned.
- Tennis shoes. Sandals can be worn if they fasten around the toes AND the ankles, but they are not recommended. Flip-flops and Doc Martins are not recommended!

CLOTHING -FOR OTHER PURPOSES:

- Bring some comfortable clothes to wear from post program to before bed-flannel pants, sweatshirts etc.... Please remember that modesty is necessary.
- Don't forget basic stuff like socks, underwear and something MODEST to wear to bed.

BEDDING:

Regardless of what bedding you bring, it needs to all fit easily into one bag that you can close.

- Sleeping bag or sheets and light weight blanket
- Pillow
- Optional-thin foam pad, air mattress, thermorest (all needs to fit in your bedding bag)

TOILETRIES:

Most, if not all, of your showers will be taken in your bathing suit in the church parking lot with a hose. Ladies...if you bring make-up, you still need to fit it in one of your two bags.

- Bathing suit and 2 towels (with your name or initials)
- Soap (In a container that you can close)
- Shampoo and other hair care products. Small bottles are great for that!
- Toothbrush/toothpaste/floss
- Razor and Shaving Gel/Cream; Deodorant
- Sunscreen-Your own bottle/tube of sweatproof sunscreen. Lotion, Lip Balm
- Small packet of Kleenexes
- Ladies-Feminine Products

MISCELLANEOUS:

- Your Bible*
- A journal book/notebook and writing utensils
- \$5 for laundry money (which will probably be done on the 1st Saturday of your tour)
- Spending money-as ice cream/Dairy Queen outings are common on tour.
- Raingear
- Alarm Clock
- Camera
- Sunglasses
- A 32 ounce plastic cup for beverages at meals

YOU WILL BE LIMITED TO TWO BAGS-ONE FOR BEDDING AND ONE FOR EVERYTHING ELSE.

Any other containers like pillowcases, cardboard boxes, or backpack constitutes a third bag. It is OK to bring one so you have it at training, but do not plan on it being transported from church to church. Some of our tours are extremely full and space is limited. There will be a room at the training/homecoming church to store them and anything else you won't need for the whole tour.

It is very wise to put your initials on your stuff so it is easier to sort after laundry day.

I will be contacting certain people to bring instruments, if you have any questions, feel free to call if you have questions about that!

***PLEASE leave your cell phone and/or pager at home. This is a unique opportunity for you to be intentionally connected to a great community. We will be pretty tough as a staff about this! You don't NEED your phone and you will survive without it on tour. If you have any concerns about this, please contact the National Spoke Folk Director at 1-800-659-6884 ext 217.**