

# Estimated Costs and Expenses for Bike-Aid

## A. Registration Fee:

Registration for Bike-Aid is **\$150 or \$100 if you sign up before April 1st**. It is due with your application. We can't hold a place for you without receiving your application fee. This fee is non-refundable if you are accepted into Bike-Aid.

## B. Equipment:

If you don't have a bicycle already, this may be your biggest expense. Remember; if you don't already have a bicycle, borrowing, buying a used bike, renting, or getting local bike shops to sponsor you are less expensive options to buying a brand new bike! Below is a listing of how much equipment runs if you are starting from scratch.

Bicycle	\$0 - \$750
Helmet	\$30-\$100
2 pair cycling shorts	\$50-\$160
Cycling gloves	\$10-\$35
Fanny pack or handlebar bag	\$10-\$50
Pump	\$15-\$35
Water bottles	\$3 - \$10
Cycling shoes (nice, not necessary)	\$45-\$150
Spare tubes, patch kit, allen wrenches	\$10-\$20
Sleeping bag and pad	\$50-\$140
<b>TOTALfor equipment:</b>	<b>\$223-\$1450</b>

\*\*You will also want to budget about **\$100-\$200** for bike maintenance and repair- chain lube, spare tubes, etc. Even if nothing goes wrong with your bike- you can count on needing to replace your tires after about 2,000 miles.

**C. Food:** Community hosts and donors often provide dinners, but you will have to pay for much of your breakfast and lunch food. Cyclists contribute to a communal food fund and share cooking responsibilities. Average food costs run \$35-50 per week for group food plus money for frozen yogurt or French fry stops that you make along the way. You should be prepared to spend at least 75% of your funds for food alone. Food is your fuel, after all!

**Total for food: \$300-\$500** depending on route.

**D. Lodging:** Bike-Aid does its best to find cool places for you to stay every night, but there are a few times, when camping is the only option, or your route takes you through a beautiful National park that requires a fee (Yosemite, Teton, Blue Ridge Mts).

**Total for camping and nat'l park fees: \$30-\$50**

**E. Out of Pocket Expenses:** You should bring money to cover sundry knick-knacks, postage, batteries, T-shirts, film, etc. How much you end up spending depends a lot on you.

**Total: \$100-\$300**

**F. Travel:** It's up to you to get to your starting city and home from Washington, DC. There are many ways to get where you need to go besides flying. You might consider carpooling, doing a "drive-away" or taking the bus. The SAG vans will also be returning to San Francisco from D.C. and will need two drivers. This is decided on a first come first serve basis.

Estimated transportation	\$100-350
Bike shipping fees (both ways)	\$30 - 60
<b>Total travel &amp; bike shipping costs</b>	<b>\$130-\$41</b>

## GRAND TOTAL

**\$883-\$2,910\***

**\*Excluding bicycle purchase and travel costs, you should probably count on spending an average of about \$10/day. Compared to other bicycle tours, this is relatively inexpensive for what is the adventure of a lifetime.** (also, you won't be paying rent!) Please contact us if you need ideas for cutting costs or getting donations, we would love to share them with you! In past years, inspired but broke cyclists have successfully had bikes, plane tickets, and various amounts of gear donated or discounted. It is possible!