



Bike Race Checklist

Checklist For Bike Race Or Long Ride Away From Home

Gear:

- Bike

- Extra wheels and labels for pit

- Water bottles

- Extra tires

- Extra tubes

- Tools

- Pump

- Computer

- Heart rate strap

- Helmet

- Sunglasses

- Trainer with special skewer

Clothes:

- Shorts/bibshorts/tights

- Jersey

- Skinsuit

- Jacket

- Arm and leg warmers

- Gloves

- Cap

- Socks

 Cycling shoes/booties

 Post-race clothes

 Towel

Food and Water:

 Energy drink/post-race recovery drink

 Energy bars/energy gel

 Bottled water

 Coffee/caffeine

 Snacks/post-race food

Accessories:

 Racing license

 Race entry confirmation

 Directions to race

 Money/check/Visa

 Course printout with profile

 Advil/Tylenol/Naprosin

 Chamois Cream

 Sunscreen

 Glasses/contact lenses

 Toilet paper

 Camera