

Equipment Checklist for Athletes

Cyclists don't stress, they use a list....every time. Make this list a part of your pre-race ritual.

At Minimum:

- Clean bike with a lubed chain
- Approved helmet
- League Number Plate / matching bib
- Spare tube and tube change kit (CO2/pump, tire levers, patch kit)
- Multi-tool, including a chain tool
- Water bottles (1-3) or hydration pack
- Cycling shoes/Close-Toed Shoes
- Cycling gloves
- Clean team jersey
- Eyewear (recommended depending on conditions)

Recommended:

- Energy snacks for before, during and after race
- Clean change of clothes for post race/ride home
- Plastic garbage bag for muddy clothes
- Towel
- ID
- Cash

Recommended for Cold Weather (Think Layers):

- Arm warmers or long sleeve/Under Armour
- Leg warmers or long tights/Under Armour/NOT cotton
- Warm up pants
- Wool or Fleece middle layer
- Windproof Nylon Shell/jacket
- Ear covering
- Long fingered lined or Winter gloves
- Wool socks or 2 pair socks
- Make sure everything fits under helmet/in shoes
- Winter coat
- Winter boots