



Cycling Race Day Checklist

Pre- Race

- Sandals or comfortable shoes
- comfortable warm up clothes (pants, shirt, jacket, hat, etc)
- A bag to put everything in
- sunscreen
- chap stick
- fruit / snacks / gels / bars (for pre race)
- fluid replacement drink or water (for pre race)
- caffeine pills (if desired)
- electrolyte supplements if desired
- USA Cycling or ACA ID card
- Race Bible or information packet
- money (just in case)
- headlamp or flashlight (for dark mornings or late night work)
- personal music player
- bike pump
- bike repair kit on bike (spare tire/tube, CO2 pump, tire levers)
- Miscellaneous Bike Tools for general repairs
- chain lube and general bike lube
- Work Rags
- Garden Sprayer (for bike washing)
- Towel
- Bike Trainer
- Antifog (for glasses)
- Chamois Cream

cold and/or rain gear

- full finger gloves
- Sleeves
- tights
- knee covers
- toe covers
- vest
- rain jacket

Post Race

- Gas X or similar
- post race clothing
- post race food or drink
- cooler with ice
- camp chairs

Race Gear

- bike (Road, TT, Mountain)
- Race Specific Wheels
- bike shoes
- helmet (road or aero)
- Gloves (fingerless / full finger)
- Race shorts
- Race top
- sunglasses (multiple lenses?)
- bike socks
- watch, Heart rate monitor, GPS unit
- gels / bars (for race)
- fluid replacement drink or water (for race)