



Premier Endurance Coaching
www.sportvelo.com
dan@sportvelo.com

Gear List: What to Bring to a Bike Race

- Shoes (with cleats in good working condition)
- Helmet
- License
- Bike (in good working order: washed, lubed, adjusted, good tires, good brake pads, good chain)
- Directions to race and map
- Shorts/Skinsuit
- Fingerless gloves
- Jersey (SS/LS)
- Undershirt
- Socks
- Cold-weather items
 - Vest
 - Jacket
 - Arm warmers
 - Gloves
 - Leg warmers/knee warmers
 - Ear band
 - Booties
 - Hat
 - Leg embrocation
- Wet-weather clothes
 - Rain cape/vest
 - Cycling hat
- Sunglasses (dark and clear lenses)
- Sunscreen
- Chamois cream
- Safety pins
- Water bottles
- Race food, drink, and salt/electrolyte tabs
- Post-race nutrition
- Face towel
- Leg towel
- Post-race towel
- Post-race clothes and shoes
- Garbage bag for wet clothes
- Extra wheels
- Tools for quick fixes (extra bar-end plugs, Allen wrenches, chain lube...)
- Tools and tubes to fix a flat
- Floor pump
- Rollers or trainer for warm-up
- Toilet paper
- Medical kit
- ID
- Foam roller
- The Stick
- Special nutritional needs, such as Peet's coffee