



RACE-DAY CHECKLIST

- Shoes
 - Socks
 - Booties
 - Shorts
 - Leg warmers
 - Jersey
 - Arm warmers
 - Wind/warmup jacket
 - Rain jacket
 - Gloves (short & long finger)
 - Helmet
 - Glasses/ Dark and/or clear lenses
 - Bandana, headband or other under helmet warmer or sweat stopper

 - Bike (cleaned of course!)
 - Race wheels
 - Spare wheels, tires, cogs
 - Pump
 - Tools
 - Lube
 - Rags
 - Trainer/rollers
 - HR Monitor

 - Water Bottles
 - Water
 - Energy drink mix
 - Energy bars/Gels
 - Pre/Post race food
 - Cooler
- Racing License
 - Entry Form
 - Pen
 - Paper or business cards, for marking spare wheels in pit
 - Race Number
 - Safety Pins
 - Directions/map to race
 - Course Map/descriptions
 - Cell phone
 - Umbrella

 - Sun Screen
 - Lip balm
 - Inhaler or other medication
 - Cream/Heat Ointment
 - Rubbing alcohol for cleaning ointment off legs
 - First Aid Kit
 - Contact Solution
 - Extra pair of prescription glasses
 - Toilet Paper
 - Wipes
 - Glass cleaning cloth
 - Garbage bag
 - Radio, ear tape

 - Warm dry clothes for post race (don't forget dry socks and a hat!)
 - Towel for cleaning/changing
 - Bag for wet clothes

Don't forget to call your coach!