

Clothing	Equipment	Nutrition
<ul style="list-style-type: none"> ○ Cycling shoes – Important! ○ Helmet – Important! ○ Socks: Tall socks or thermal socks for cool weather ○ Shorts or Bibs ○ Leg warmers (knee warmers tend to fall down in CX races) ○ Full-length tights ○ Vest ○ Long sleeve skinsuit (colder weather) ○ Short sleeve jersey (cooler weather) ○ Long sleeve jersey ○ Sleeveless undershirt ○ Short sleeve undershirt ○ Women: sports bras (2) ○ Long sleeve undershirt (cooler weather) ○ Rain jacket ○ Thin long-finger gloves for mild weather ○ Thermal gloves for cold ○ Cycling cap ○ Racing glasses with lens options ○ Post-race casual clothing including team jacket and podium wear. ○ Long changing skirt! (yes, even the men should have a skirt) 	<ul style="list-style-type: none"> ○ Race Bike ○ Pit Bike or Pit wheels ○ Buckets, brushes, bottles, lube, etc ○ Power meter or HR monitor ○ Floor pump ○ Rollers or trainer with front-wheel holder ○ iPod & ear buds for trainer ○ Toolbox ○ Chain lube ○ Rags <p>Miscellaneous</p> <ul style="list-style-type: none"> ○ Racing license ○ Rider release form (fill it out beforehand) ○ Race flyer and directions ○ Money, cash, or check (most races still don't take credit cards) ○ Race number (previously pinned to jersey/skinsuit when possible) ○ Safety pins ○ Garbage bag ○ Cell Phone (directions) ○ Or paper directions ○ Plastic trash bags ○ Toilet paper ○ Hair ties 	<ul style="list-style-type: none"> ○ Pre-race food: eggs, toast, banana, oatmeal ○ Pre-race drink and/or gel ○ Four filled water bottles ○ Post-race: pre-mixed recovery drink & light snack ○ Large water container ○ Thermos for cold weather <p>Pre- and Post-Race Kit</p> <ul style="list-style-type: none"> ○ Towels (2) ○ Baby wipes ○ Soap and/or sanitation jell ○ Chamois cream ○ Sunscreen ○ Lotion ○ Lip balm ○ Embrocation ○ Large water container ○ Medical/First Aid kit <p>Team Items</p> <ul style="list-style-type: none"> ○ Tent(s) ○ Changing tent ○ Chairs ○ Cooler & bottles ○ Nutrition supplies ○ Bike Rack ○ Trainers