



Race Day Checklist

Equipment		
	<i>Item</i>	<i>Quantity</i>
	Bicycle	1
	Race Wheels with pit label	1 Set
	Tubes	2
	Basic Tools (Hex Wrenches, Tire Levers, Screwdrivers)	1 Each
	Extra Cleats	1 Set
	Floor Pump	1
	Trainer	1
	Water Bottles (1 Pre Ride, 2 During, 1 Post Ride)	4
	Helmet	1
Cycling Clothing		
	Shorts/Bibs	1
	Base Layer	1
	Sun Glasses	1
	Team Jersey	1
	Socks	1 Pair
	Shoes	1 Pair
	Cycling Gloves	1 Pair
	Glasses	1 Pair
	Cold Weather Gear if Needed Ear Protection Arm/Leg/Knee Warmers Tights Coat Shoe Covers Gloves	1 Each
Personal Items		
	Contacts/Case/Saline (If applicable)	As Needed
	Sunscreen	1
	Money	\$20.00
	Pre/Post Ride Food and Hydration	1
	Medication (if applicable)	As Needed
	Baby Wipes / Personal Hygiene Items	As Needed
	Towel	1



Non-Cycling Clothing		
	<i>Item</i>	<i>Quantity</i>
	Clean Shorts / Pants	1
	Clean T-Shirt / Sweatshirt	1
	Podium Shirt	1
	Underwear	1
	Clean Socks	1 Pair
	Non-Cycling Shoes	1 Pair
	Cold Weather Gear if Needed Hat Pants Coat Gloves	1 Each
Paperwork		
	Training Diary / Pen	1
	USAC License	1
	Identification	1
	Race Application/Release Pre Filled Out & Signed	6
	USAC Rules	1
	Race Resume	6