



Pre Race Checklist:

- Bike in perfect working order (book service in for early in the week of your event)
- Bike computer and electronic gear batteries fully charged (take a car charger just in case!)
- Helmet
- Shoes
- Sunglasses (with different lenses depending on the conditions)
- Bib shorts (plus a spare)
- Jersey (plus a spare)
- Undershirts (bring a few options depending on the weather)
- Vest/jacket/rain jacket/arm warmers/booties/gloves etc
- Cycling Cap (summer for sun protection or winter for warmth)
- Sunscreen
- Race day food
- Race day drinks and bidons
- Towel
- Cleaning up stuff like wet wipes and extra water
- Tracksuit or appropriate after ride clothing
- After event food and drinks
- Toilet paper
- Map to get to the race
- Petrol in the car for the drive
- Cable ties for frame number (and scissors to cut the cable ties)
- Pins for jersey number
- A simple tool kit for emergencies
- Pump
- Spare wheels
- Spare tyre and some tubes
- Electrical tape
- Asthma puffer / medications
- Registration packet / info (where possible try and do this before event day)