



## Equipment Checklist for Athletes

**Professional cyclists don't stress, they use a list... every time. Make this list a part of your pre-race ritual.**

- League Number Plate (given at racer's first race)
- 3-4 zip-ties or twist ties so you can attach your number
- Cash
- Clean bike with a lubed chain
- Spare tube and tube change kit (CO2/pump, tire levers)
- Multi-tool, including a chain tool
- Water bottles (2-3) or hydration pack
- Energy snacks for before, during and after the race
- ANSI approved helmet
- Cycling shoes
- Cycling gloves
- Clean uniform with arm and leg warmers
- Eyewear
- Light weight jacket
- Winter coat
- Cycling socks (2) pair
- Second set of cycling clothes for pre-ride
- Clean change of clothes for the ride home
- Plastic garbage bag for muddy clothes
- Identification and proof of registration
- Towel
- Post race clothing includes Hat, jacket