

# CYCLING CHECKLIST

## PRE-RIDE

- Jersey
- Cycling Shorts
- Cycling socks
- Cycling shoes
- Gloves
- Headband (Halo)
- Sunscreen
- Sunglasses
- Headphones
- Helmet
- Ride Packet
- Spare tubes & CO2
- Bike Light
- Bicycle pump
- Bike :)
- Garmin
- Wallet w/cash
- Phone charger
- Heartrate monitor
- Banana(s)

- Snack (Gu, Fig Newtons...)
- Water Bottles
- Gatorade
- Inhalor
- Medication

## POST-RIDE

- Water
- Chocolate milk/ protein drink
- BEER
- Ibuprofen
- Sportlegs
- Toiletry Bag
- Underwear
- Socks
- Flip flops/sneakers
- Shorts
- T-shirt
- Ball cap
- Chair
- Towel