

Race Day Checklist



Essentials

- Race License
- Prescribed Medications
- Shoes
- Bike
- Numbers & Pins

Race Clothing

- Helmet
- Socks
- Leg Warmers
- Shorts
- Base layers
- Jersey
- Arm Warmers
- Long Sleeve Jacket
- Gloves / Mitts
- Hat
- Buff
- Overshoes
- Eyewear
- Rain Gear

Casual Clothing

- Towel
- Spare Socks
- Underwear
- Warm Jacket
- Pants
- Hoodie
- T-shirt / Base layer

Nutrition

- Bottles
- Spare Water
- Isotonic
- Gels / Bars / Race Food

- Pre-Race Snack
- Post-Race Recovery
- Post-Race Food

Tech & Tools

- Bike Computer
- HRM
- Charging Cables
- Well-Equipped Multi-Tool
- Tape / Zip Ties
- Bespoke Bike Parts (E.g., Di2 Tools etc.)
- Spare Tube
- Pump
- Tire Levers

First Aid & Hygiene

- Basic First Aid Kit
- Baby Wipes / Antiseptic Wipes
- Toilet Paper
- Sunscreen
- Chamois Cream

Miscellaneous

- Wallet / Money
- Headphones
- Spare Wheels
- Camping Chair
- Umbrella
- Spare Shoes
- Turbo/ Rollers
-
-
-
-
-
-