Pre-Race Checklist Template

**Bike Equipment**

* Bike (tuned & race ready)
* Multi-tool (allen keys, screw driver, spoke wrench)
* Chain Breaker
* Spare Tube & pump
* Water bottle (filled with electrolyte drink)

**Clothing**

* Cycling Shoes
* Cycling Socks
* Helmet
* Cycling Shorts
* Short-sleeve jersey
* Long-sleeve jersey
* Leg Warmers
* Knee Warners
* Arm Warmers
* Windbreaker
* Raincoat
* Short-finger gloves
* Long-finger gloves

**Other**

* Directions to the race venue
* Sunglasses
* Sun Block
* Towel
* Energy Bars & Gels .