

# BICYCLE RALLY CHECKLIST

*Don't leave anything behind!*

- Bike
- Helmet
- Shoes
- Socks
- Gloves
- Sunglasses
- Jersey & bibs/shorts
- Winter/Rain Gear\*
- Bottles & electrolyte drink
- Ride nutrition
- Anti-chafe product
- Route maps: GPX files or hard copy
- sunscreen
- Cycling computer
- Heart rate strap
- Bike floor pump
- Basic tools:
  - Allen key multi-tool
  - Flashed and phillips head screwdrivers
  - electrical tape
- Flat Repair kit:
  - spare tube, tire levers & CO2
- Post-ride change of clothes
- Post-ride recovery drink/snack
- If showers available: shower shoes/flipflops, shampoo & conditioner, body wash, deodorant, lotion, large towel

• if applicable: base layers, arm/leg warmers, jacket

