



**EMPIRE STATE RIDE** Gear List for Training  
TO END CANCER

**For your Bike**

- Helmet – CPSC or ASTM certified
- Bike odometer – handlebar mounted
- GPS Unit
- Seat bag or handlebar bag
- Patch kit
- Tire levers (3)
- Spare tubes (2 that fit your bike)
- Bike mount pump or
- CO2 cartridges with applicator
- Rain Jacket
- Rain Pants
- Mounted water bottles (2) or
- Hydration pack
- Spare water bottles
- Bike lock
- Bike bell
- Your cell phone

**Bike Clothing Essentials**

- Cycling shorts w/synthetic chamois lining (2-3 pairs)
- Chamois cream
- Cycling tops/jerseys (1-3)
- Cycling socks
- Cycling shoes
- Cycling gloves
- Cycling glasses
- Long sleeve cycling shirt or UV sun sleeves
- Rain gear