## Gear List for Training

### 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