



Student-athlete pre-race checklist

Add any relevant items for your teams

Checking this list the night before the event and again before departing from home should be a part of your pre-race ritual.

- ☐ League number plate
- ☐ Forms signed by parents (if needed)
- ☐ Driving directions to the race (don't assume someone else has them)
- ☐ Cycling shoes
- ☐ Cycling socks
- ☐ Helmet
- ☐ Eyewear
- ☐ Shorts
- ☐ Short sleeve jersey
- ☐ Long sleeve jersey
- ☐ Leg warmers
- ☐ Knee warmers
- ☐ Arm warmers
- ☐ Windbreaker
- ☐ Raincoat
- ☐ Short finger gloves
- ☐ Long finger gloves
- ☐ Sun block
- ☐ Full water bottles/hydration pack (fill it up at home).
- ☐ Multi-tool (has the basic allen keys, a screw-driver, and a spoke wrench)
- ☐ Chain breaker (don't let a broken chain stop you from finishing the race)
- ☐ Spare tube and pump (race ready to fix your own flat)
- ☐ Towel (good for getting dressed/undressed discretely and cleaning-up afterwards)
- ☐ Plastic bag to put dirty/wet clothes into for drive home
- ☐ Sunglasses (with multiple lenses for different conditions)
- ☐ Energy bars (extra in case the race is late, longer, or further from food than expected)
- ☐ A jug of water is also great for washing after the race!