



Sample athlete checklist for practice

Add any relevant items for your teams

BIKE & RELATED GEAR

- ☐ Bike: NICA-appropriate/functioning bike, checked by a mechanic
*Do a pre-practice [ABCDE Bike Check!](#)
- ☐ Flat kit
 - ☐ Tube (check it a few times a season!)
 - ☐ Mini-pump
 - ☐ Tire lever(s)
 - ☐ Multi tool with chain breaker (or other individual tools)
 - ☐ Patch kit
- ☐ Water bottle/cage
- ☐ Bright bike lights if practicing in the dark and/or blinking red light if commuting to- or from- practice

PERSONAL GEAR/CLOTHING

- ☐ Helmet: Undamaged and properly-fitted
- ☐ Clothing appropriate for the ride (close-toed/non-Croc shoes, socks, jersey/shirt, shorts/pants, layers/jacket, gloves, sunglasses)
- ☐ Waterproof jacket and necessary layers for weather conditions
- ☐ Water (+ water bottle/hydration pack)
- ☐ Sunscreen/bug repellent
- ☐ Food/snacks
- ☐ Medications (to be self administered) – i.e. Epi-pen, inhaler, etc.