



Cycling Checklist

Everything You Need for Your Next Ride

Don't Leave Home Without It

- Bike!
- Helmet
- Cycling Shoes and Pedals
- Mini Pump or CO2
- Tire Levers
- Inner Tube
- Patch Kit
- Multi Tool
- Seat Bag
- Water Bottle Cage(s)
- Cycling Gloves

Apparel Essentials

- Cycling Shorts or Liners
- Bib Shorts!
- Cycling Jersey
- Wind Shell or Vest
- Gloves
- Skull Cap or Beanie
- Warmers (Leg, Arm or Knee)
- Layers! (Base layers!)
- Socks

Gear

- To Kickstand or Not to Kickstand
- Rear Bicycle Rack
- Panniers, Trunk Bag or Handlebar Bag
- Headlights
- Tail Lights
- Bicycle Lock
- Floor Pump

- Smart Phone Case
- Cycling Computer
- Garmin GPS
- Car Rack
- Bell/Streamers

Wants and Needs

- Sunglasses
- Chamois Cream
- Sunscreen
- Insoles
- Power Meter

Pre-Ride Essentials

- Gear Bag
- Dry Clothes
- Sandals
- Tool Box
- Towel
- Shower Kit
- Wet Clothes Bag

Nutrition

- Electrolytes and Salt Tablets
- Bars, Gels, Chews
- Post-Race Recovery Mix

Essentials

- Driving/Parking Instructions
- Training!

Sales Person:

Recommended Bikes:

Recommended Size:

Comments/Notes:



Triathlon Check List

Everything You Need For Your Next Event

The Swim

- Swim Suit (Training or Race)
- Swim Skins
- Goggles
- Ear Plugs
- Swim Cap
- Wet Suit
- Skin Care

The Ride

- Bike
- Aero Wheels
- Aero Bar
- Helmet
- Flat Kit
- Pump
- CO2
- Tire Levers
- Multi Tool
- Bento Box
- Water Bottle Cages
- Hydration System
- Cycling Shoes/Pedals

The Run

- Sunglasses
- Visor/Hat
- Tri Shorts
- Race Singlet/Top
- Race Suit
- Socks
- Running Shoes

- Yanks/Laces
- Fuel Belt
- Flasks
- Race Belt
- Body Glide

Pre Event/Post Event

- Floor Pump
- Transition Mat
- Transition Bag
- Dry Clothes
- Sandals
- Tool Box
- Towel
- Shower Kit
- Wet Clothes Bag
- Sun Screen
- Garmin/Heart Rate Monitor

Nutrition

- Pre-Race Mix
- Electrolytes, Salt
- Bars
- Gels
- Chews
- Post-Race Recovery Mix

Essentials

- Driving/Parking Instructions
- Race Registration and Bib Number
- Training!

Sales Person:

Recommended Bikes:

Recommended Size:

Comments/Notes: