

Race Bag Checklist

Always In Your Race Bag

- Health insurance information
- Important phone numbers list
- Safety pins –pin them to your bag so they are easy to find
- Spare clean water bottle
- Ibuprophen / allergy meds/ etc.
- Dry t-shirt
- Towel
- Plastic bags – for wet soggy stuff
- Patch kit and spare tube
- Multi-tool or travel tool box
- Small bottle of chain lube
- Warming gel
- Waterproof sunscreen
- Chamois cream

For Race

- Team jersey (and clean one for post race on podium)
- Undershirt
- Team shorts
- Gloves
- Helmet
- Shoes
- Socks
- Sports bra (if applicable)
- Pre mixed or ready to mix bottles/ hydration system
- Food (for pre, during, and post event)
- Glasses and spare lenses

And don't forget even if the weather is warm – especially for spring and fall races!!

- Rain jacket
- Arm/leg/knee warmers
- Warm jacket for warm up
- Tights
- Warm hat

For Post Race

- Dry change of clothes – including socks
- Towel, rubbing alcohol, baby wipes, etc. for cleaning up

Personal Stuff Not to be Forgotten

- Racing license
- Money/ checkbook
- Signed waiver (especially if minor)
- Cell phone
- Any important medications

