

# Personal Cycling Checklist

<b>Clothing</b>	<b>Packed</b>
Long Sleeve Jersey/s	
Short Sleeve Jerseys	
Packable Rain Jacket	
Bib Cycling Shorts	
Normal Cycling Shorts	
Cycling Shoes	
Arm warmers	
Knee warmers	
Leg Warmers	
Socks	
Rain pants	
Base layer shirt	
Cycling Jacket	
GPS / Cycling Computer	
Hear rate strap	
Cycling Gloves	
Winter Cycling Gloves	
Wind jammer Vest	
Tyre Plugs for MTB	
Sweat band	
Shammy Cream	

<b>Accessories</b>	<b>Packed</b>
Sunglasses	
Lenses for Sunglasses	
Earplugs	
Sunscreen	
Hat	
Toilet paper	
Toothpaste	
Toothbrush	
Floss	
Baby Wipes	
Soap / Shampoo	
Towel	
Head lamp, batteries	
Panado / Pain tablets	
Multi Vitamins	
CO2 Head	
Sleeping Bag	
Peacefull Sleep	
Tabard Lotion	
Vaseline	
Plasters	
Chain Lube	

<b>Carry On</b>	<b>Packed</b>
Bicycle (duh..)	
Helmet	
Tablet	
Tablet charger	
Phone Charger	
Phone Charger cable	
Snacks	
ID Book	
Passport	
Book to read	
Pillow	
Phone headphones	
Shaver	
Eye drops	
Power Adaptor	
Wallet	
Hand Sanitizer	
Loose Grocery Bag	
GPS Charger cable	
Phone	
CO2 Cannisters	
Timing Chip / Board	

<b>In Bike Case</b>	<b>Packed</b>
Water Bottles	
Spare Rear Derailor	
Spare Hanger	
Spare Cables	
Brake pads	
Spare Tyre	
Spare Tubes	
Mini Tube of Stans	
Cable ties (Zip ties)	
Allen Key set	
Spare Rotor	
Tire levers	
Extra Chain	
Spare Cleats	
Spare Cleats bolts	
Electrical Insolation Tape	
Spare bolts (Rotor, stem, Chainring)	

<b>Nutrition</b>	<b>Packed</b>
Riding Bottles	
Recovery Drink bottle	
Race mix powder	
Recovery drink powder	
Gels	
Electrolytes	
Caffiene Shots	
Race Bars	

<b>Other</b>	<b>Packed</b>
Spare HR Strap battery	
Cadence Sensor battery	
Speed sensor Battery	
Spare O-Ring for GPS Mounting	
ICE ID Bracelit	
Tea tree Oil	
Rusks	

<b>Regular Clothing</b>	<b>Packed</b>
T-Shirts	
Short Pants	
Long Pants	
Undergarments	
Running Shoes	
Flip Flops	
Soft Shell Jacket	
Beanie	
Sleeping Pants	
Sleeping Shirt	