

CYCLEPATHS TRAINING RIDE CHECKLIST

- Bike (Duh...)
- Helmet (US Cycling Federation- Approved)
- Gloves
- Biking Shorts
- Jerseys
- Biking Shoes
- Headband
- Sun Glasses
- Jacket
- Long Biking Pants
- Tennis Shoes
- Socks
- Post-Ride Dry Shirt
- Computer
- Watch
- Power Snacks
- Water Bottles
- Gatorade
- Lip Protectant
- Sun Tan Lotion
- Cell Phone
- Cue Sheets
- Pump
- Spare Tube and Tire Changing Kit
- Chamois Butter/A & D Ointment
- Zip Lock/Trash Bags
- Cable and Lock
- Band-aids
- Advil
- Camera and Film
- Rain gear

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