

# EQUIPMENT LIST



## WARM WEATHER

Bike – obviously!!!  
Pedals – they usually never come with the bike  
Helmet  
Cycling shoes with clips  
Jersey  
Chamois (padded cycling shorts)  
Socks  
Shoe covers (wet for summer)  
Gloves with no fingers  
Water proof rain jacket  
Water bottles (don't forget to fill with water)  
Sunglasses (optional)  
Sunscreen (optional)  
Bike computer (optional)  
Chamois cream (optional)

## COLD WEATHER

Arm warmers  
Knee warmers  
Skull cap  
Full fingered insulated gloves  
Cold weather riding jacket  
Long thermal cycling tights or long winter bibs  
Top base layer  
Shoe covers (insulated) or winter riding boots

## SEAT POUCH (OR CARRY IN JERSEY POCKET)

Seat pouch  
Extra inner tube  
Multi tool  
Tire levers  
Patch kit  
Cell phone  
ID  
Money  
Credit card  
Food – to be determined by the length of the ride  
Pump or CO2 cylinders with nozzle or both  
Map and cue sheet  
Pain meds (optional)  
Toilet paper in Ziploc bag (optional)