

MEN'S EQUIPMENT CHECKLIST

Vital

- Bike
- Cycling shoes
- Inner tubes
- Emergency patching kit
- Pump
- Tyre levers
- Chain tool
- Multi tool including Allen/hex keys
- Saddle bag
- Chain lube

Precautionary/possible

- Spare tyres
- Cleats
- Spare chain
- Brake blocks
- Pump - track & portable
- Lock
- Lights

Clothing

- Bib Shorts
- Socks
- Jersey
- Base layer
- Helmet
- Gloves
- Sunglasses

Depending on the conditions

- Rain jacket
- Gilet
- Arm warmers
- Knee warmers
- Overshoes
- Tights
- Head warmer
- Neck warmer
- Extra clothes to leave at start

Nutrition

- Bidons/water bottles
- Electrolyte/carbohydrate tablets
- Energy bars/gels/foods
- Post ride snack

Other important things

- Cash
- Debit card
- Photo ID and address & emergency contact details
- Mobile phone
- Navigation device/timer

Miscellaneous

- Sun cream
- Organisers telephone number
- Saddle cream