

## HEADWEAR

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- Helmet
- Sunglasses
- Cycling Cap or Buff (optional)

## HAND/FOOTWEAR

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- Lightweight Gloves
- Warm/Weather Resistant Gloves (optional)
- Cycling Socks
- Cycling Shoes
- Shoe Covers (optional)

## KIT

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- Baselayer (optional)
- Jersey
- Bibs
- Vest or Wind Jacket
- Rain Jacket
- Arm Warmers
- Knee/Leg Warmers
- Rain Pants (optional)

## TOOLS

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- Spare Tube (or two)
- CO2 Cartridge x2, and Inflator
- Hand Pump
- Multi-tool with Chain Breaker
- Spare Master Link for Chain
- Patch Kit
- Tire Plugs (optional for tubeless tires)

## NUTRITION

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- Water Bottles (and drink mix, if you like it)
- Bars
- Gels
- Chews
- Homemade Snacks

## TOILETRIES/POST RIDE BAG

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- Baby Wipes
- First-aid Kit
- Change of Clothes/Underwear
- Dry Socks
- Recovery Drinks and Snacks
- Street Shoes
- Jacket/Sweater/Hat