



MOUNTAIN BIKE RACE DAY CHECKLIST

Presented by **body glide**

- CPSC Certified Helmet
- Wicking Jersey
- Bike Shoes
- Bike Shorts
- Bike Socks
- Bike Gloves
- Rain Jacket
- Buff/Bandana/Skullcap
- Arm/Leg Warmers
- Sunglasses or Clear Lenses
- Hydration Pack or Water Bottles
- Performance Food/Gels/Drinks
- Cycling Computer
- Heart Rate Monitor
- Saddle or Handlebar Bag
- Headlight/Taillight
- Floor Pump
- Bike Trainer (Warm Up)
- Chain Lubricant
- Spare Tube or Patch Kit
- Compact Pump or CO2
- Tire Levers

- Cycling Multi-Tool
- Quick Chain Link
- Insurance Card
- Photo ID / Membership Card
- Body Glide
- Sunscreen
- Lip Balm
- Insect Repellent
- Towel
- Wet Wipes
- Toilet Paper
- Food/Snacks/Drinks
- Camera
- Cell Phone
- Cash/Credit Card
- First Aid Kit
- Extra Clothes
- Camp Chair

This list will insure you do not forget any key components for your next mountain bike adventure.

ROGER WILLIAMS BODY GLIDE PRO TIP

Roger is a multiple mountain bike, cyclo-cross, grass track and road race state champion and has held a top ten mountain bike national ranking.

“One thing I do personally is I have several small plastic bins; one for gravel, one for road riding and one for mountain biking. Each bin has spare stuff like a tire, tubes, CO2 cartridges, duct tape, electrical tape, scissors or snips for cutting zip ties after putting on race numbers and a few tools. I also have a second seat bag packed and ready in case I need to swap it out if I use the tube and CO2s in my current seat bag for a repair.”

