

**Checklist for your Race Bag (aka KIT... you cannot race successfully without these items!)**

- Large bag to put everything in, with YOUR NAME on it, clearly labeled
- Your phone, phone charger, and backup battery if you have one
- Helmet (even for just riding around race venue... no riders on bikes allowed without one)
- NorCal Race plate (they have timing chips in them, so keep them in a safe place when not racing)

**Bike in race-ready condition**

- Shifting smoothly
  - Brakes with plenty of pad left, and not rubbing
  - Wheels true, tires with tread
  - Chain clean and lubed
- [any issues with above items MUST be addressed before race day]*

**Race Fuel**

- 1-4 Water bottles filled with clean water (one bottle per race lap, more if HOT racing conditions)
- Race food (bring the food that you train with)

**Pre-ride Kit**

- jersey
- bike shorts/bibs
- socks
- sports bra

**Race Kit**

- Drake team jersey
- bike shorts/bibs
- socks
- sports bra

**Other Bike stuff**

- Biking sunglasses
- Arm and leg warmers
- Windbreaker jacket
- MTB shoes
- Two pairs of cycling socks
- Sweats
- Warm jacket (to wear before the race)

**After-race clothes**

- shorts and pants
- shirt (preferably drake-related to show our support for the team!)
- underwear, bra, and socks
- flip flops and tennis shoes

**Tool Bag for Bike**

- Multi-tool
- Tube
- Tire levers
- Duct tape
- CO2 cartridge AND small pump

**Personal Stuff**

- Technu for poison oak
- Body wipes (race venues don't have running water, generally)
- Sunscreen
- Deodorant
- Towel for you
- Towel for your bike
- Pajamas
- Toothbrush and other bathroom supplies
- Earbuds/headphones (if you want music while you warm up)
- Plastic bag for wet, dirty cycling clothes
- Positive, "Have Fun!" attitude