



ARNIE BAKER CYCLING

Event Packing List

All that training, all that commitment. And you forgot your cycling shoes! (I've been there, done that.)

Bring the right stuff. Here's some of what you need to remember. Add any other favorite or personal items.



CYCLE HANDOUT

Bike-Specific

- Bike(s), wheelset (s)
- Helmet(s)
- Heart rate monitor, strap
- Stationary trainer
- Pump
- Waterbottles

Cycling Tools

- Seat bag with
 - Multi-tool, Allens, screwdrivers
 - Spare tubes
 - Tire repair kit
 - Tire removal tools
 - ID color photocopy
 - Money
- Other tools/equipment
 - Pedal wrench
 - Brake and gear cable
 - Chain, chain tool
 - Cogset(s)
 - Cog tool/chain whip
 - Lubricant
 - Sew-up glue
 - Spare cleats
 - Spare tire(s)
 - Scissors

Cycling Clothes

- Cycling gloves
- Cycling sunglasses
- Cycling shoes
- Cycling socks
- Cycling booties
- Skinsuits
- Cycling shorts
- Cycling jersey
- Cycling wind shell
- Incontinent weather gear
 - Undershirt
 - Long sleeve jersey
 - Rain jacket
 - Tights
 - Long fingered gloves

Portable Cooler

- Extra waterbottles
- Maltodextrin
- Bike food

Casual Wear

- Shirts
- Pants/sweatpants
- Shorts
- Underwear
- Socks
- Shoes
- Swimsuit, goggles

Toiletries Bag

- Alarm clock
- Clothespin
- Comb
- Dental floss
- Deodorant
- Earplugs and blindfold
- Lip balm
- Lotion
- Nail clipper
- Q-tips
- Razor and extra blades
- Safety pins
- Medications: e.g. vitamins, aspirin, antifungal cream, eye drops, lubricant, Tylenol, BCPs, inhaler(s)
- Scrubbie
- Sewing kit
- Shampoo
- Soap
- Sunscreen
- Toothbrush, toothpaste

Documents+

- Wallet
 - ATM card
 - Cash
 - Credit card
 - Emergency contact info
 - Health insurance card
 - Hotel/air/motel/AAA cards
 - Packing list
 - Photo ID
 - Racing license
- Passport for foreign events
- Air tickets, boarding pass
- Car rental confirmation
- Event tickets
- Event info packet, race times, directions
- Good local map
- Hotel info, telephone

Small Items

- Book, crossword puzzles
- Camera and charger
- Large garbage bag
- Mobile phone and charger
- Packing tape, cord, bungee
- Pen
- Sunglasses
- Umbrella, collapsible
- USB/CD disc backups

Packing Hints

Pack essential gear, pedals, medications, etc. in your carry on.

Don't pack CO₂, scissors in carry-on.



ABC Handout

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Basic First Aid Kit

- 1 First aid book
- 1 Chemical cold pack (e.g. Instant Ice)
- 4 Disposable exam gloves
- 1 Infectious control bag
- 1 Antibiotic ointment
- 2 Iodine swabs
- 6 Alcohol swabs/antiseptic towelettes
- 1 Tincture of Benzoin
- 2 Cotton-tip applicators (e.g. Q-Tips)
- 10 Regular Band-Aids
- 1 Medical tape—1" wide
- 1 Elastic bandage—3" wide
- 1 Triangular bandage
- 6 Wound-closures (e.g. Steri-Strips ½"x4")
- 6 Gauze pads—3"x3"
- 5 Non-stick pads—3"x4" (e.g. Telfa)
- 4 Transparent dressings—4"x5" (e.g. Adaptic)
- 1 Trauma pad—5"x9"
- 3 Gauze bandage—4" rolls
- 1 Moleskin/Molefoam roll
- 1 Sting/allergy kit
- 4 Safety pins
- 1 Scissors
- 1 Forceps (tweezers)

Favorite Foods Arrival Shopping List

A prepared shopping list helps reduce shopping stress and prevents missing items in stores with unfamiliar layouts. Here are some favorite items:

- Frappuccino
- Non-Fat Milk
- Juice, lemonade
- Coke
- Oatmeal
- Cereal
- Raisins
- Pop-Tarts
- Cookies
- Bread
- Peanut butter
- Jam
- Cheese
- Lettuce
- Oranges
- Apples
- Bananas
- Stouffers

Other Hints

- A clothespin keeps drapes closed.
- Copy and laminate toiletries sublist in toiletries bag.
- Scrubbie is useful to clean waterbottles and for rooms with kitchens to clean dishes.
- A pillowcase can double as a blindfold.
- Most hotels will supply rags; ask a chambermaid
- Dental floss can double as thread in an emergency.

AB