

PEAK Multisport Cycling Equipment Checklist



Pre-Race

- Sandals or comfy shoes
- Comfortable warm up clothes
- Back Pack or TA bag to fit everything
- Sunscreen & Chapstick
- Pre & Post Race Nutrition
- Race Nutrition (*fluid & calories*)
- USAC cycling license (current) & picture ID
- race bible or technical guide
- Money
- Headlamp, headlight & tail light (*for safety*)
- personal music player
- bike pump (*w/ pressure gauge*)
- miscellaneous tools for general repairs
- spare tubes or sealant, tire levers
- *stem valves long enough to fit all depth wheelsets*
- chain lube
- work rags
- bike trainer

Race Gear

- bike(s) (for all disciplines)
- Helmet (*road, aero, both?*)
- chamois cream
- antifog (for glasses)
- race wheels (*dif' brake pads?*)
- race kit for each day/discipline
- Sunglasses (*tinted & clear lenses*)
- Bike shoes
- socks/aero socks
- shoe covers for TT
- gloves if desired
- GPS/power head unit
- cold weather gear (*gloves, sleeves, base layer, tights, knee covers, shoe covers, vest, jacket*)
- Other individual considerations (*medications, suppliments, prosthetics, etc.*)
- paper & tape for key race info on stem

Additional Consideration for Travel Events

- Bike Packed in Bike Case (*CO2 removed from flat kit if flying*)
- Basic travel tools (*hex wrenches, bar end plugs, grease, tire levers, tubes, etc.*)
- Travel Bike pump with accurate pressure gauge
- Torque wrench for proper bike reassembly
- Travel size bike cleaning supplies (*degreaser, soap, lube, brush, clean cloth*)
- Spare wheels for wheel pit or neutral service car
- Travel Trainer for warm up if desired
- Spare derailleur hanger, screws, seat collar (*best to remove hanger during travel to prevent damage*)
- Professional logo clothing for pre-race and post-race (*polo and such, no cut offs*)
- Rain gear (*umbrella in bike box, rain coat, etc.*)
- Charger & spare batteries (*for electronic shifting, bike head unit, run watch, & power meter*)
- Vaccinations & medications specific to region of travel (*check CDC travel website for advisement*)
- International health insurance (*check with provider or purchase separate policy*)
- Passport and visa if needed
- International Credit Card and local currency (*exact race fee in local currency as needed*)
- Electronics adapter
- Hand Sanitizer, antiseptic wipes (for airplane tray & seat area), nasal spray
- Food & water for daily nutrition & race essentials (*is regular food or grocery available where you are going?*)
- Carry on Race Essentials (*anything that touches your body = bib shorts, bike shoes, maybe pedals & saddle*)
- international cell phone plan with data and texting
- compression socks/tights for airplane travel
- Entertainment (books, movies, spare power bank, etc.)