



**Bicycle Gear Essentials**  
**Gear and Equipment**  
*by Coach Liz Garcia*

**GEAR REQUIRED FOR TRAINING**

*Before walking out the door, especially when traveling to a ride...*

- Bike, shoes, helmet - working bike, stiff sole or cycling shoes, undamaged helmet & less than 5 years old)
- Bottles & nutrition - 1-2 bottles w/electrolytes, bars/gels/or ziplock w/real food
- Sunscreen
- ID & money - bit of ca\$h in addition to a card

**CLOTHING DESIGNED FOR COMFORTABLE**

*To save your behind, and make life on the bike comfortable...*

- Padded cycling shorts - don't skimp, maybe some product too
- Cycling jersey w/ multiple back pockets - carry stuff
- Short sleeve/ no sleeve base-layer - merino wool or blend, sweat & crash
- Cycling cap or bandana - warmth, sweat or rain from eyes, sun protection
- Cycling gloves - comfort, save your hands from blisters or crash
- Glasses - eyes protection from road hazards, bugs, etc.
- Rain/wind jacket and/or vest - convertible too



## CLOTHING PREFERRED FOR EVENT DAY

*Because you can never predict the weather, will likely be 35-45f at the AMBBR start, with "Optional Cool or Cold Weather Gear"*

### EVERYTHING YOU'VE USED SO FAR, Plus a bit more TO BE PREPARED:

- Long/Short Sleeve wool/or fabric blend baselayer - because "COTTON IS ROTTEN"
- Tights,
- Arm/leg/knee warmer - if one it's arm
- Wind/rain jacket or vest
- Toe/shoe covers - chemical warmers and a sock, aluminum foil
- Balaclava/skull cap, cycling cap/bandana - cold and rain
- Heavy & light gloves

## EQUIPMENT CRITICAL FOR TRAINING

*Before going out for a ride...*

- Working Bike - good fit, check tires (cuts?/air), working brakes, clean/lubed chain
- Pump and/or CO2 cartridge w/inflator
- Saddle Bag - 1-2 Spare Tubes (1-2), Patch Kit, Boot, 2 Tire Levers
- Cycle Computer - speed, distance, time, cadence

### Optional

- Phone Mount - spare battery/charge cord
- Multi-tool - Optional but recommended
- Spare chain link