

Supply List

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Bicycle Clothing

Warm/Hot Weather

- Short sleeve jerseys
- Shorts
- Arm warmers
- Knee warmers/leg warmers
- Sweatband/headband
- Undershirt
- Light socks
- Lightweight long sleeve shirt – some people use this when it is very hot. It provides skin protection and it can be soaked with water.

Cold, Windy, Rainy Weather

- Wind vest
- Wind jacket
- Tights
- Heavy, long-sleeve jersey
- Rain pants
- Rain jacket
- Thermal vest
- Winter hat/ear band
- Balaklava
- Shower Cap
- Long fingered gloves
- Rain mitts
- Heavy socks
- Booties/toe warmers

Safety Equipment

- Helmet (+ spare)
- Cycling Shoes
- Extra Cycling Shoes (perhaps one size larger in case of feet swelling)
- Cycling Gloves
- Cycling Cap
- Reflective vest
- Reflective ankle bands
- Sunglasses (+ spare)
- Clear glasses
- Prescription glasses

Medical/First Aid Kit

- Insurance card
- Prescription medications – be sure the Crew knows when and how much should be taken
- Sunscreen
- Lip balm with sun protection
- Bag Balm or Vaseline
- Chamois cream
- Nupracanal – to deaden bad saddle sores
- Ibuprofen
- Tums or Maalox – for upset stomach
- NoDoz - caffeine
- Mouthwash
- Toothbrush/toothpaste
- Salt tablets or electrolytes
- Advil/Aleve
- Xylocaine
- Neosporin – antibiotic cream
- Hand lotion
- Aloe Vera lotion – for sunburn
- Icy-hot
- Topical anesthetic – for bad saddle sores
- Breathe-Right strips
- Ear Plugs – for sleeping
- Visine – for dry eyes with lots of wind
- Nasal Spray – to keep the nose moist in the dry air of the mountains
- Eye Cover – for sleeping
- Baby Wipes – great for a quick refresher, clean up
- Betadine
- Ace Bandages
- Band Aids (various sizes)
- Medical tape
- Antiseptic wipes
- 2nd skin – covers blisters
- Moleskin
- Bunion pads
- Knee or ankle brace/support/wrap
- Face mask – for hazy, dusty air
- Tweezers
- Medical information for all Crew and Racers
- Massage lotion – better than oil
- Space blanket – for very cold
- Vinyl gloves

Vehicle Setup

- Bike rack (roof or rear) with ability to hold spare wheels
- Yellow rear flashing lights
- Slow moving vehicle triangle (magnetic)
- Caution bikes ahead sign
- External music system
- Racer's CDs/Tapes
- Sponsor signs
- Clear contact paper – apply this before applying signage for easy removed. See the GEAR book
- Large ice chest
- Feeder/small ice chest (for prepared food)
- Crates or plastic bins for organization
- Plastic or indoor/outdoor carpet – put this on the floor of the vehicle and it will help keep the vehicle carpet cleaner

Communication and Electrical

- Cell phone and car charger
- Car to car radios or walkie-talkies
- Car to racer radio
- CB-PA system
- 12v extension cables
- Inverter
- 12v 2-to1 or 3-to1 adapters
- Flashlight or headlamp
- Instructions for all electronics – CB, PA, radios, cell phone
- Batteries
- Watch with alarm
- MP3 player with charger

Navigation

- Flashlight/headlamp
- Clipboard
- Highlighter
- Permanent marker
- Pen
- Pad of paper
- Map/Atlas
- Calculator
- Route Books – at least two per vehicle

General Vehicle Supplies

- Spare keys for all vehicles, even if just to get into the vehicle
- Paper towels
- Window cleaner
- Garbage bags – kitchen size encourage more frequent emptying of trash
- Antiseptic hand cleaner
- Handi-wipes – often better than toilet paper
- Toilet paper
- Small whisk broom – to clean the vehicle
- Privacy sheet – for changing clothes or going to the bathroom outside the vehicle

Paperwork

- Dashboard Protocol
- Race rules (in Route Book)
- Race phone #s
- Crew/Vehicle phone numbers
- Emergency contact info for all Racers and Crew
- Insurance information for all Racers and Crew
- Consent forms for treatment for any minors Racing or Crewing
- Crew schedule
- Crew notes and strategies

Vehicle Trouble Kit

- Oil
- Coolant
- Jumper cables
- Spare fuses – all sizes
- Emergency flares – make sure you know how to use them
- Small shovel
- Fire extinguisher – make sure everyone knows where this is
- Bungee cords
- Rope
- Car jack
- Spare tire – preferably full size
- Wheel lock tool – if the wheels have locking hubcaps
- Tire Sealant – get the right size for your tires
- Degreaser
- Rags
- Towing Strap
- Vinyl gloves to keep your hands clean

Food and drink

- Stop and eat sheets
- Camelbak (+ spare)
- Spare Camelbak bladder
- Water bottles for water – use separate water bottles for water and food
- Water bottles for liquid food
- Gel flasks
- Gallon jugs with screw top lids – screw tops are less likely to pop off and spill
- Powdered food, pre-measured either into gallon jugs or into plastic bags to be mixed on the road
- Sources of salt – V-8, salt tabs, pickles
- Crackers
- Cookies
- Fruit
- Energy bars
- Chips/pretzels
- Sandwich stuff (bread, turkey/ham, cheese, mustard/mayo, PBJ). Turkey is much more popular and palatable than ham. Mayo is great for getting a little fat intake.
- Thermos for hot water – can be very useful on cold nights, especially out west
- Cup O'Soup
- Crew food and drinks
- Ziploc bags
- PediaSure – helps bring a Racer back from dehydration. Sort of a poor mans IV
- Ensure
- Pickles
- Pringles/potato chips
- Coke – for the caffeine
- Sprite – helps to settle an upset stomach
- Vitamin and Supplements

In general, buy brand name items. They are a little more expensive, but Racers and Crew are more likely to eat them.

Food Preparation Supplies

- Cutting board
- Utensils (sharp knife)
- Clorox – to clean out water bottles and food bottles
- Paper Towels
- Thermos – for hot water or coffee
- Funnel – for pouring power into gallon jugs or water bottles

Misc

- Money/credit card in money bag with receipts
- Camera and battery charger
- Video camera and charger
- Sleeping bag
- Sleeping pad
- Small pillow or pillow case
- Socks to put ice in for around the neck when it is hot
- Binoculars
- Reflective vest or ankle bands for Crew for at night for visibility
- Water spray bottle or super soaker
- Wash cloths
- Laundry bag
- Laundry soap
- Bathroom scale – this can be used to check the weight of the Racer. Gaining or losing too much weight is not good.

General Fix-It Kit

- Duct tape
- Electrical tape
- Zipties
- Brown packing tape
- Clear packing tape
- Utility knife with spare blades
- Pipe clamps
- Pocket knife/leatherman
- Tape measure
- Cable ties/twist ties
- Rubber bands
- Sewing kit
- Super glue
- Scissors
- Velcro/stick-back Velcro
- Scotch tape
- Safety pins
- Binder clips

Basic Bike Supplies

- Bike
- Spare bike (or two)
- Spare wheels
- Floor pump or Quik-fil
- Spare tubes
- Tire irons
- Bicycle computer
- Heart-rate monitor and chest strap
- Aerobars
- Headlight
- Taillight
- Batteries for headlight and taillight

Bike Parts

- Tires
- Tubes including long-stem tubes if necessary
- Chain and chain pins
- Brake and derailleur cables
- Extra cleats
- Seat cover
- Other seats – these can be useful if you have seat problem to switch to another saddle.
- Pedals
- Platform pedals
- Spokes for your wheel or Fiber Fix
- Cassette
- Schrader Valve adapter – for gas station air pumps
- Rim strips
- Valve extender
- Cable housing
- Seatpost – make sure to get the right size for your bike
- Seatpost binder bolt or seatpost clamp – make sure to the appropriate piece for your bike
- Bar tape or foam pads
- Bolts (water bottle, chainring, other)
- Brake pads
- Aerobar pads – they often fly off with a bicycle on top of the roof
- Spenco insoles
- Spare computer batteries
- Extra light mounts
- Spare headlight and taillight
- Spare headlight bulbs
- Headset spacers
- Handlebar plugs
- To consider – high stem, derailleurs, shifters, water bottle cages, bottom bracket

NOTE: With several bikes you can often scavenge parts from one bike for the other if necessary.

Bike Toolkit

- Floor pump
- Chain lube/WD-40
- Allen wrenches
- Screw drivers
- Pliers
- Needle-nose pliers
- Bottom bracket wrench
- Headset wrench
- Cone wrenches or hub tools
- Tire irons
- Cassette whip
- Chain tool
- Measuring tape
- Bike set-up dimensions
- Duct tape
- Loc-tite
- Electrical tape
- Patch kit
- Rags
- Pedal wrench
- Zip-ties
- Grease
- Spoke tool, including special spoke tool for your wheels
- Repair stand/truing stand
- Crescent wrenches/hex wrenches
- Wire cutters
- Pocket knife or leatherman
- Scissors