

## **Packing list: Chefs Cycle 2017**

Items to pack:

- ☐ Bicycle: Clean, tuned and ready to ride
- ☐ Helmet
- ☐ Bibs/Padded Shorts - one pair for each day
- ☐ Blink light for bike - [see example here](#)
- ☐ Wind Vest
- ☐ Baselayer : 1 or 2 lightweight
- ☐ Rain Jacket
- ☐ Light jacket
- ☐ Long finger gloves
- ☐ Leg or knee warmers
- ☐ Arm Warmers
- ☐ Socks
- ☐ Cycling gloves: short finger
- ☐ Cycling Shoes/pedals (carry these with you if traveling by plane)
- ☐ Eyewear/sunglasses
- ☐ Chamois cream (We have PLENTY of individual packs onsite as well)
- ☐ Sunscreen
- ☐ Toiletries
- ☐ Bathing Suit (there is a heated pool!)
- ☐ Casual clothes for each day's afternoon and evening activities
- ☐ Phone
- ☐ Phone charger
- ☐ Battery pack for charging phone
- ☐ 2-3 Water bottles
- ☐ Advil/Tylenol/Aleve - your preference
- ☐ Any energy bars/gels/nutrition items that you are particular to
- ☐ Patch Kit with Multi Tool

We will have sport drinks (SKRATCH), a wide variety of food along the road, spare tubes/tires, etc in our follow vehicles.

What you DO NOT need to bring:

- ☐ Jerseys: WE PROVIDE - you don't need to bring