



CYCLING CAMP PACKING LIST

CYCLING GEAR & CLOTHING

- BICYCLE: CLEAN, TUNED AND READY TO RIDE
- HELMET
- CYCLING SHOES/PEDALS (CARRY THESE WITH YOU IF TRAVELING BY PLANE)
- EYEWEAR/SUNGLASSES
- HEART RATE MONITOR AND/OR POWER METER
- CHAMOIS CREAM
- SUNSCREEN
- SMALL TOTE BAG FOR ANYTHING YOU WISH TO KEEP IN SUPPORT VEHICLES
- 4 JERSEYS (SHORT AND/OR LONG SLEEVE)
- 4 SHORTS/BIBS
- WIND VEST
- 1-2 LIGHTWEIGHT BASELAYERS
- RAIN JACKET
- ARM WARMERS
- SOCKS
- CYCLING GLOVES: SHORT FINGER
- TOILETRIES FOR CLEAN UP BETWEEN RIDES



COLD WEATHER ITEMS JUST IN CASE

- LIGHT JACKET
- MEDIUM WEIGHT JACKET
- LONG SLEEVE AND/OR THERMAL JERSEY
- LONG FINGER GLOVES
- SHOE COVERS/BOOTIES
- LEG/KNEE WARMERS OR TIGHTS

MORE INFORMATION

We will have sport drinks, food, spare tubes/tires, etc. in our support vehicles. Each day we will prepare bottles for your bike, and provide you with sports nutrition products for use during the camp.

If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us at 866-355-0645 or athleteservices@trainright.com.