

NICA Mountain Bike Race - Go Bag Checklist

MANDATORY

- Race Plate
- Helmet
- Team Jersey
- Biking shorts
- Socks
- Shoes
- Gloves
- Eyeglasses (if you use them)
- Sunglasses
- MEDICATION - Inhalers, epipens, allergy
- Personal hygiene products
- Full hydration pack - Fill up water at home
- Bike water bottles (if you use them) - Fill up water at home
- Two spare tubes in your bike wheel size - (Carry one during race)
- Pump/Tire Mini tools for changing tires (Carry during race)



CHANGE OF CLOTHES

- Jacket, shirt, shorts/pants, underwear, socks, shoes
- Towel
- Cold weather layers (Hoodie, Hats, scarfs)

FORECAST WEATHER COLD / RAIN

- Long sleeve athletic sweat wicking shirt (Must be worn under jersey)
- Windbreaker/water repellent shell (Must be worn under jersey)
- Optional leggings/ athletic tights (Must be snug to body to not get caught in chains)
- Clear glasses for muddy conditions

RACE DAY EXTRA

- Directions to Venue
- Race schedule - what time is my race
- Camp chairs - one per person attending
- Cowbell / Noise makers
- Blankets for cold weather
- Snacks/Drinks - Team sign-ups and bring for yourself