



# Equipment Checklist for Coaches

***Your bike, helmet, glasses, gloves, shoes, kit and complete “Coach” hydration pack!***

## Administration:

- Emergency Info, Club contact info, Race Roster, Reg info
- Forms to be processed
- Cash/Club checkbook/credit card
- Assignments/Volunteer list

## Nourishment:

- Water bottles
- Water: jug, bottles, cartons
- Bars, shots, drink mix (ride/recovery.)
- Hygiene; wipes, sanitizer, TP, sponges
- Food & beverages
- Ice chest
- Utensils: towels, tongs, baskets, cups & plates, cutlery
- Stove/BBQ, pots, pans, skewers

## Bike Support:

- Pump, lubes, toolbox, solvents
- Spares- cables, housings, brake pads, tires & tubes, cleats & screws, chains.
- Pedals, derailleur, seat, bars, wheel set, spokes
- Stand, worktable
- Tent, bike racks, bike washer, major components

## Super Structure:

- Tables
- Tent(s): stakes, rope, bungee cords
- Hand tools, blades, duct tape, electrical tape
- Banners, chairs, wind panels, umbrellas, tarps
- Trash bags, recycling containers

## Miscellaneous:

- First Aid Kit
- Spare cycling clothing
- Spirit Sales items and hangers