

What the Stanfords pack for CX Nationals

Bike stuff

- Derailleur hanger for each bike (you will never find one there, might as well bring 1 or 2)
- Extra Spikes for all shoes (they lose them or break. Put them on few weeks before the race so they get used to clipping in with the spikes on)
- Tubes??
- Brake pads??
- All Chargers (Wahoo, E-shifters, phones, laptop)
- Helmet (in carry on bag)
- Shoes with odor balls (Right, Kim?)
- 2-3 Kits
- Leg/arm warmers
- Jackets
- Hat
- Neck warmer/gaiter
- Sunglasses
- Gloves (warm and cold)
- Socks (many)
- Long underwear
- Under helmet hat
- Ratty towel
- Warm and dry foot solutions
- 2 bike bottles
- recovery drink bottle
- mud boots or the like for kids while not riding

Pit Gear to bring

- Brushes
- Rubber gloves (heavy duty, not kitchen gloves)
- 2 sport squirt bottles
- gallon of water, get while there ☺
- rags
- minimal tool kit (can we share?)

Send with Rob

- Pam cooking spray
- WD40
- Chain lube
- Laundry soap (our hotel has machines)
- Bike cleaning soap/stuff
- Bucket (to use in the pits)

Pit Attire

- Knee high mud boots (mine are insulated to 0 degrees)
- Hiking socks
- Lined pants (or layers)
- Layers on top
- Rain pants
- Rain coat or winter coat or both
- Winter hat
- Baseball hat

Other stuff

- Baby wipes (they clean everything)
- Kleenexes
- Basic 1st aid (for hotel)
- Basic medicines
- Trash bags (in an attempt to keep the rental car clean)
- Bag to carry it all to and from race
- Changing cloak???

Food

- Shot blocks and gels
- Granola bars
- Few ziplocks
- Water bottles for parents
- Soft sided food bag