



GRAVEL GRINDER RACE DAY CHECKLIST

Presented by **body glide**

- CPSC Certified Helmet
- Wicking Jersey
- Bike Shoes
- Bike Shorts
- Bike Socks
- Bike Gloves
- Rain Jacket
- Buff/Bandana/Skullcap
- Arm/Leg Warmers
- Shoe Covers or Waterproof Oversocks
- Sunglasses or Clear Lenses
- Water Bottles or Hydration Pack
- Drop Bag
- Performance Food/Gels/Drinks
- Cycling Computer / GPS
- Heart Rate Monitor
- Saddle or Handlebar Bag
- Headlight
- Taillight
- Floor Pump & Accurate Pressure Gauge
- Chain Lubricant
- Tire Plug, Spare Tube or Patch Kit
- Compact Pump or Co2
- Tire Levers

- Cycling Multi-Tool with Chain Tool
- Quick Chain Link
- Extra Derailleur Hanger
- Extra eTap or Di2 Battery
- Insurance Card
- Photo ID / Membership Card
- Body Glide
- Sunscreen
- Lip Balm
- Insect Repellent
- Towel
- Wet Wipes
- Toilet Paper
- Food/Snacks/Drinks
- Camera
- Cell Phone
- Cash/Credit Card
- First Aid Kit
- Extra Clothes
- Camp Chair

This list will insure you do not forget any key components for your next gravel grinder race or adventure.

KAE TAKESHITA BODY GLIDE PRO TIP

Kae is originally from Japan and has been riding and racing gravel since 2014, achieving a #1 female ranking from PureGravel.com. Kae has wins at Gravel Worlds, Barry Roubaix, Texas Chaining Massacre and the Epic with multiple podium finishes at Unbound Gravel (formerly DK200) and The MidSouth (formerly LR100).

It sounds basic but it is important to make sure your bike is in a perfect waiting condition. You don't want to be adjusting your bike in the middle of a ride or a race. Brakes working? Chain is clean and lubed? Tires have enough sealant? Tubeless set-up won't work very well, in case of a flat, if the sealant is dried up. Tires have proper pressure? Is the Co2 cartridge actually full and not partially used. Are all batteries charged (shifting, lights, GPS unit, etc).

