



- Cycle shorts or padded saddle cover
- Cross trainer shoes or hard soled cycle shoes
- SPD cleat if you want to “clip” into pedal
- Quick Dry shirt (a cotton shirt may get too wet and uncomfortable)
- Headband or Bandana
- Sweat towel
- Fluid replacement such as POWERade or PowerBar Endurance
- Fuel for training rides such as PowerBar Performance Bar or PowerBar Gel
- Skin Lubricant/ Anti-chafing ointment such as Chamois Butt’r