

ADIRONDACK ULTRA CYCLING

RIDER CHECKLIST

MANDATORY ITEMS FOR ALL EVENTS

- Bicycle in Good Working Order
- Helmet
- Money and/or Credit/ATM Card
- Multi Tool or Tool Kit
- Personal ID
- Pocket Food (Hammer Nutrition products will be provided)
- Spare Tubes, Patch Kit & Inflation Device
- Water Bottles (insulated recommended) and/or Hydration Pack

ADDITIONAL MANDATORY ITEMS FOR NIGHT EVENTS

- Bicycle Mounted Reflectors or Reflective Tape
- Bicycle Mounted Flashing Red Rear Light visible from 300'
- Bicycle Mounted Steady Red Rear Light visible from 300'
- Bicycle Mounted Steady White Front Light visible from 500'
- Reflective Ankle Bands
- Reflective Vest or Sash
- Spare Batteries and/or Spare Bulbs
- Spare Lights (if lights with non replaceable bulbs are used)

ADDITIONAL MANDATORY ITEMS FOR FOLLOW VEHICLES

- Caution Bicycles Ahead Sign Attached to Vehicle
- Slow-Moving Vehicle Triangle Attached to Vehicle
- Vehicle Less Than 78" Wide
- Per NYS Police, Roof Mounted Lighting is Prohibited

ADDITIONAL MANDATORY ITEMS FOR MONTREAL

- Canadian Currency
- Passport or another valid border crossing document
- One medium sized soft bag for us to transport with an ID tag on it that has your name, address and phone number

ADDITIONAL SUGGESTED ITEMS FOR ALL EVENTS

- | | |
|--|---|
| <input type="checkbox"/> Bicycle Repair Kit: | <input type="checkbox"/> Area Maps |
| <input type="checkbox"/> Cables | <input type="checkbox"/> Bell or Horn |
| <input type="checkbox"/> Lube | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Tires | <input type="checkbox"/> Cell Phone |
| <input type="checkbox"/> Spokes... | <input type="checkbox"/> Dog Repellent |
| <input type="checkbox"/> Rider Repair Kit: | <input type="checkbox"/> Duct Tape |
| <input type="checkbox"/> Ace Bandages | <input type="checkbox"/> Electrical Tape |
| <input type="checkbox"/> Baby Powder | <input type="checkbox"/> Extra Cycling Clothing |
| <input type="checkbox"/> Band Aids | <input type="checkbox"/> Fenders |
| <input type="checkbox"/> Bug Spray | <input type="checkbox"/> Pen or Pencil |
| <input type="checkbox"/> Butt Cream | <input type="checkbox"/> Rear View Mirror |
| <input type="checkbox"/> Pain Reliever | <input type="checkbox"/> Small Notebook |
| <input type="checkbox"/> Hand Cleaner | <input type="checkbox"/> Street Clothes |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Heat Packs | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Ice Packs | <input type="checkbox"/> Walking Shoes |
| <input type="checkbox"/> Sun Block | <input type="checkbox"/> Zip Lock Bags |
| <input type="checkbox"/> Tissues... | <input type="checkbox"/> Zip Ties |

ADDITIONAL SUGGESTED ITEMS FOR RACES

- | | |
|--|--|
| <input type="checkbox"/> Calculator | <input type="checkbox"/> Spare Bike Parts: |
| <input type="checkbox"/> Clothing for Warm Weather | <input type="checkbox"/> Cassettes |
| <input type="checkbox"/> Clothing for Cold Weather | <input type="checkbox"/> Cable Housing |
| <input type="checkbox"/> Clothing for Wet Weather | <input type="checkbox"/> Chains |
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Cranks |
| <input type="checkbox"/> Rags | <input type="checkbox"/> Brake Pads |
| <input type="checkbox"/> Spare Bicycle(s) | <input type="checkbox"/> Derailleurs |
| <input type="checkbox"/> Spare Wheels | <input type="checkbox"/> Handlebar Tape |
| <input type="checkbox"/> Support Crew | <input type="checkbox"/> Pedals... |

NOTES:

We update this check list throughout the season, so please return periodically to review it. Also, make sure to check each event's page for more specific details on what to bring.