

# Training for your *big* weekend



## Your General Accessory Training Checklist

### Must have:

- Bicycle
- Helmet
- Shoes
- Cycling attire
- Hydration source (water bottle)
- Spare tubes/pump/tools (there are SAG vehicles to help)
- Photo ID
- Insurance information card and emergency contact info
- Mobile phone (charged and ready to call for assistance)
- Medications
- Get mentally prepared (As Yogi Berra once said, “**90% of the game is half mental.**”)

### Climatic conditions:

- Arm/leg warmers—sometimes the early morning start is chilly
- Rain jacket
- Sunscreen/other skin protection (lip balm, etc.)
- Light riding jacket
- Chamois cream (A & D Ointment works in a pinch)

### Optional:

- Bike computer/GPS unit (Highly recommended. By setting to 0 each day you can tell assistance your location. There are phone apps for this purpose. Just be sure to get familiar with them before using them at TdP.)
- Sunglasses
- Cycling gloves
- Have your bike checked by the bike shop the Thursday night before the ride

Tour de Pink supplies water, Gatorade, snacks, fruit and energy bars at rest stops. If you have special needs or if you are accustomed to a certain brand of replenishment, you may want to bring your own personal supply.

Purchasing items on Amazon? Make sure you shop with [Amazonsmile](#) while using YSC as the beneficiary so that YSC earns proceeds from your orders.

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