

A few days beforehand:

- Give your bike a little inspection. Are the brakes ok? Everything shifting ok? How are the tires? If you find any problems, you still have a few days to get it all fixed. Talk to a veteran rider or take it into Cambridge Bikes for a look-see.
- Make sure your bike is clean because, as the saying goes, a clean bike is a fast bike.
- DO YOUR LAUNDRY! You don't want to be wearing dirty clothes for your first race!
- Hydrate! (You should be doing this every day!)

Day before leaving:

- Get homework/labwork done
- Shave legs?
- Buy food for the weekend
- Check the weather—assume it will be 10 degrees colder and raining
- Pack
- Make pasta or sandwiches (if you want)
- Hydrate!

Day before race (may or may not be the same as the day before leaving):

- Do "openers" workout
- Hydrate!
- Get to bed e-a-r-l-y (don't forget to set your alarm!) Note that the sleep you get two nights before the race is probably even *more* important than the one right before it.

Packing List:

Bike stuff

- Helmet!!!
- Bike!!!
- Bike shoes
- MIT jersey
- Race numbers and safety pins
- Bike shorts (preferably two pairs)
- At least two pairs of your favourite bike socks
- Warm bike clothes (plan for the worst)
 - tights
 - leg warmers
 - arm warmers
 - undershirt
 - hat/headband
 - booties
 - jacket
- Bike gloves
- Sunglasses
- Stuff to change a flat:
 - Spare tube/patch kit
 - Pump (small is fine—the team will bring a floor pump)
 - Tire levers
- Multitool (you never know)
- Lube (optional)
- Heart rate monitor (optional—I don't race with one but some people do)
- Spare set of cleats (optional but potentially useful—ask Keith)

Other stuff

- Your game face ☺
- A watch (and/or alarm clock)
- Warm clothes for before and after your race
- Several pairs of socks
- Waterproof jacket/boots in case it's gross out—you will likely do a lot of standing around outside. I bring a hideously ugly poncho but it does the trick.
- Umbrella (optional but useful)
- Pyjamas (No sleeping in the buff, thank you very much)
- Sunscreen and lip balm
- Student ID—very important!
- Racing License or printout from the web—also important!
- \$Money\$
- Snacks and race food—we might not be anywhere near a 7-11 when you get hungry and you WILL get hungry! We may also not be able to stop for breakfast. Here are a few ideas:
 - energy bars/gels
 - drink mix/tea/coffee/hot chocolate (water heater??)
 - granola bars
 - trail mix/nuts
 - bagels
 - apples, bananas, etc.
 - dried fruit (careful as their effect on your digestive system is similar to that of beans)
 - string cheese
 - cereal
 - sandwiches
 - pasta (pre-cooked!)
 - Pop-tarts™ (right, Mark?)
 - instant oatmeal (plus bowl and spoon!)
- Water bottles (at least two)
- Water!! (Always have a prepared bottle handy in the car)
- Toilet paper (This has come in handy more times than I would have cared for.)
- Shampoo, toothpaste, etc.
- Contact lens stuff (Bring a pair of glasses and/or an extra set of lenses if you can—we won't let you race if you can't see!)
- Any medication you might be on (inhaler, etc.) If there's anything we should know about, please make sure to tell us!
- Plastic bags for garbage or wet clothes
- Ear plugs for the hotel (optional)
- Duct tape (optional, serves as a quick fix for just about anything)
- Small towel (optional)
- Camera (optional)
- Music for the car (optional and subject to veto by the driver)
- Jokes for the car (optional and subject to veto by the driver)
- Other forms of entertainment?