



Criterion Packing list from Parc

- Bike
- The Bag (to pack in, obviously)
- Helmet
- Shoes (spare cleats and laces/boas)
- Clothing/Kit
 - Jerseys
 - Shorts
 - Long Sleeve jersey
 - Jacket
 - Vest
 - Rain jacket (that you can ride/race in)
 - Race socks, and extra pair.
 - Thermal socks
 - Very warm gloves you can ride in
 - Lightweight full finger gloves you can ride in. Like a mountain bike glove.
 - Short finger gloves
 - Short-sleeve or sleeveless base layer
 - Long sleeve base layer/thermal layer
 - Arm warmers, leg warmers, knee warmers
 - Neck warmer
 - Winter hat that fits under your helmet
 - Thermal headband that fits under your helmet
- Glasses
- Spare tubes and tires
- Tools - multitool, chain tool, pedal wrench, tire levers, spare chain link
- Nutrition for pre and post race, plus lots of water
- Tire sealant, patch kit
- Towel
- Race license, ID, safety pins
- Warm up and recovery tools
- Toilet paper
- Hand warmers
- Electrical tape
- First aid kit
- Trainer