

EQUIPMENT

BIKE:

- Tires
- Inner Tubes
- CO2
- Extra Valve adapters
- Extra CO2 adapters
- Chain cleaner
- Chain lube
- Rags/brush
- Bike Cleaner
- Extra tools: Allen wrenches, wrenches, needle nose, scissors
- Trainer through axel (as extra axel)
- Rubbing Alcohol

GENERAL RIDE

- Batteries CR2032 (6)
- AAA
- AA
- Chargers for all bike tech USB A, USB C, Plugs
- Compressor for car and in room
- Laundry Detergent/Dryer sheets

CARS

- Yellow Safety Lights
 - Top of car
 - Back of car
- Walkie Talkies or other comms

RIDERS

- Body butter
- Anti chaff
- Anti Fog for lenses
- Extra shoes

- Extra gloves
- Sunscreen

PROMO

- Flags / Mounts?
- Magnetic signs
- Small flags for bikes?

NUTRITION

RIDING

- JoJe : 15
- Tailwind replacement (1 caffeine, 1 regular)
- CORE waters

PRE and POST RECOVERY

- Juice Plus Shakes
- Juice Plus pills
- CORE water
- Air Relax Compression boots

GENERAL FOOD

- Bananas
- Apples
- Oranges
- Other bars
- Granola
- Peanut butter

- Snacks
 - Cheese/crackers
 - Chips
 - Pretzels
 - Sweet treat

- Stuff for Sandwiches
- Bullet Blender
- Coolers (2)

FIRST AID

- First Aid Kits
- Instant Ice packs
- Elastic Wraps
- Plastic bags for icing
- Heat Wraps

FOUR POINTS FINISHING TOUCHES

- Thank you cards
- T shirts
- FPP Jerseys/Bibs

FOUR POINT WEBSITE

- Page to thank donors
- Page for IN Honor of / In Memory of dedications
- RESOURCES!!

