

Track Day Checklist - Beginner

This bare-bones checklist will ensure you have a great time on the track and are prepared to handle any minor issues that arise. Pack your vehicle the night before your track day, and ONLY check something off after it has been put in the car.

Riding Gear

- Leather Suit or 2 piece with ¾ zip
- Ankle Covering Boots
- Full finger gloves
- Helmet with <5 year date code
- Rain Shell
- Ear Plugs

Clothing

- Base Layer (Under Armour)
- Compression Shorts
- Socks
- Sunglasses
- Hat
- Towel (for sweat)
- Shorts for between sessions
- Warm Hoodie
- Mittens/Gloves
- Dry clothes to change to

Tools

- Ratchets + Extensions
- Sockets (may vary for your bike)
 - Axle: F- __mm, R - __mm
 - 10, 12, 14, 17mm
 - _____
- Bike Pump
- Screwdriver
- Pliers
- Wire cutters
- Work Gloves
- Pressure Gauge
- Allen tool

Consumables

- Blue Tape
- Brake/Contact Cleaner
- Shop Towels
- Chain Cleaner & Lube
- Zip Ties
- Cotter Pins
- Nitrile Gloves
- Windex

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Food

- Water, water, water
- Bananas
- Juice
- Trail Mix
- Clif Bars / RX Bars
- Coffee Thermos (for drive home)
- Carrots
- Grapes
- Coconut Water
- Favorite Sandwich (x2)

Misc

- Toilet Paper
- Phone Charger
- Gas Can - preferably 5 gallon
- Sun Screen
- Wet Wipes
- Friends! :)

Coordinate with pit-mates:

- Sun Tent
- Folding Table(s)
- Camping Chair(s)
- Cooler
- Garbage Bags

Day Before

- Groceries
- Fill Gas Tanks (Car, Bike, Can)
- Prep bike with tape, optionally remove mirrors and unplug headlights
- Make Sandwiches + Prep Food
- Plan morning commute to arrive >1 hour before riders meeting
- Hydrate
- GO TO BED ON TIME

In the Morning

- Make coffee & fill up water
- Start hydrating
- Grab food from fridge
- Double check list before leaving

Things to bring next time:

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