

## 24 Hour Ultra Skate Gear List

### Rider Needs

- Helmet
- Board – Recommend treating yourself to new wheels, bushings and bearings
- Clothing
  - Compression shorts
  - Athletic shorts
  - 2 pairs of socks
  - Skate shoes
  - Athletic shirt
  - Under armor like thermal layer for night riding
  - Raincoat
- Sun Glasses
- Sun Screen
- Water – at least 24oz per hour
- Water bottle
- Nutrition
  - If using tailwind bring 2 bags (2-3 scoops per hour) consider if you will use caffeine, practice with this in your training
  - Energy bars of your choice as long as they are low in protein and high in carbs. Pro tip is to bring different flavors as these will do wonders for your moral
- Rash guard of some type -- Squirrel nut butter, body glide, aquaphor with talcum powder
- Optional items
  - Head phones
  - GPS watch
  - Headlamp

### Crew Needs

- The riders appreciate you far more than we are capable of expressing during the race, thank you in advance for tolerating us.
- A plan
  - Make sure your rider tells you what they are going to need for you and when as far as nutrition and hydration goes. Odds are they will need something different every hour of the ride to perform their best.
- A chair
- A sun awning if possible
- A cooler
- Blankets/warm cloths - - Nighttime at the racetrack can be long and cold
- Reading material / stuff to keep you occupied
- Phone charges and extra power supply
- Raincoat