Materiaalfiche wedstrijddag / Stage / Training

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| Naam wedstrijd |  | Datum |  / / |
| Ploegleider |  | Hoofdmecano |  |
| Hoofdverzorger |  | Aantal dagen |  | Aantal renners |  |

Benodigdheden:

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| Wat | Afhaal | Terug | Behoud | Wat | Afhaal | Terug | Behoud |
| Isotone poeder Etixx |  |  |  | Fles water groot – 2 liter |  |  |  |
| Recovery poeder Etixx |  |  |  | Fles limonade – 500 ml |  |  |  |
| Ginseng & guarana energy gel / redcurrant-cherry |  |  |  | Fles Cola – 2 liter |  |  |  |
| Isotonic energy gel lime |  |  |  | Blik Cola – 33 cl |  |  |  |
| Nutrional energy gel cola |  |  |  |  |  |  |  |
| Caffeine energy shot |  |  |  | Bidons 500cc - ETIXX |  |  |  |
| Caffeine sport gummies |  |  |  | Bidons 500cc  |  |  |  |
| Energy gel isotonic drink / Apple |  |  |  | Koelboxelementen |  |  |  |
| Pro energy gel / double carb (blueberry |  |  |  | Shakebekers |  |  |  |
| Isotonic drink energy gel - orange |  |  |  | Musetten |  |  |  |
| Sport bar energy – marzipan |  |  |  | Tenten |  |  |  |
| Sport bar energy – nougat |  |  |  | Stoeltjes |  |  |  |
| Sport bar energy – Raspberry |  |  |  | Wondverzorging |  |  |  |
| Alpro sojadrink – 25 cl |  |  |  | Koerswielen |  |  |  |

Benodigdheden:

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| Wat | Afhaal | Terug | Behoud | Wat | Afhaal | Terug | Behoud |
| Fietspompen |  |  |  | Reservewielen |  |  |  |
| Frigoboxen |  |  |  | Fietsrekken |  |  |  |
| Werkstaanders |  |  |  |  |  |  |  |
| Voorwielen tijdrit |  |  |  |  |  |  |  |
| Achterwielen tijdrit |  |  |  |  |  |  |  |
| Rollen |  |  |  |  |  |  |  |
| Stroomgroep |  |  |  |  |  |  |  |
| Walkie talkie |  |  |  |  |  |  |  |
| Oortjes |  |  |  |  |  |  |  |
| Peagebakje |  |  |  |  |  |  |  |
| Massageproduct |  |  |  |  |  |  |  |
| Massagetafel |  |  |  |  |  |  |  |
| Wastijltjes |  |  |  |  |  |  |  |
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| Opmerkingen: |
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