



Basic Cycling Checklist

Cycling Pre Ride Inspection

- Tire pressure and condition
- Brake check
- Front/rear wheel quick releases secured
- Bolt tightness throughout
- Seat and handlebar height
- Light check (if equipped)
- Lubrication check
- Reflectors in place

Toolkit

- Puncture Repair Kit
- Mini Pump
- Lights
- Spare tube or tubes (and/or patch kit)
- Tire levers
- Cycling multi-tool with Allen wrenches
- Cash and/or credit card

Support will be at hand but we recommend you bring a spare tire tube just in case.

The Two Essentials

- Bike
- Helmet

First aid kit and General Wellbeing

- First aid kit with bandages, gauze, and antiseptic
- Anti-inflammatory medication
- Sunscreen
- Wet wipes
- Lip balm with UV protection
- Any prescription medications that are taken in an emergency health situation (inhalers, etc.)
- Eye protection (sunglasses, clear lenses)
- Medical info/emergency contact card
- Insurance

Nutrition Water Bottles

- Sports Nutrition
- Snacks/energy food - powerbar, energy bar, or other good mid-ride snack, one for each hour you're riding
- Two water bottles (if you have room for them) one with water, one with sports drink, hydration pack; bottle with cage

We will have regular stops but make sure you keep yourself hydrated.

Miscellaneous

- Fully charged cell phone
- Whistle

Comfort and Convenience

- Reflective/Hi Viz Jacket – Helps you stay seen for extra safety
- Cycle Padded shorts or tights
- Base Layer
- Cycle jersey or top
- Gloves
- Saddle (underseat) bag
- Patch kit (and/or spare tube or tubes)
- Watch or cycling computer (if you like to monitor your progress)
- Sun Glasses
- Waterproof packable jacket
- Pannier rack & Pannier bag