



Basic Biking Checklist

First time riding in a while? Our basic gear list can keep you from forgetting anything important. Not all cyclists will carry every item on every outing.



Cycling Gear

The Two Essentials:

- Bike
- Helmet

Core Gear:

- Water (*hydration pack; bottle with cage*)
- Snacks/energy food

- Eye protection (*sunglasses, clear lenses*)
- Sunscreen
- First-aid items (see our [First-Aid Checklist](#))
- Medical info/emergency contact card



Core Bike Repair Items

- Spare tube or tubes (*and/or patch kit*)
- Pump
- Tire levers
- Cycling multi-tool (*with Allen wrenches*)



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
- _____



Personal Extras

- _____
- _____
- _____
- _____
- _____



Comfort & Convenience

- Padded shorts or tights
- Wicking jersey or top
- Gloves
- Saddle (*underseat*) bag
- Patch kit (*and/or spare tube or tubes*)
- Lock
- Watch or cycling computer
- Cellphone
- Cash and/or credit card
- Map (*if in unfamiliar area*)