



Beginner/Intermediate Group

GEAR UP YOUR BIKE

There are some basic problems that can occur as you are out riding- sometimes far from home or help. Here are some ideas of what to pack to keep you rolling and safe. The number one problem you will run into is having a flat tire- so you want to bring what you will need to change a flat.

SADDLEBAG: a small saddle bag to hang under your seat

- 1) Spare tire tube, if you have room- two tubes or a spare and a patch kit
- 2) Tire levers –at least two
- 3) Co2 inflator and/or a small pump, Co2 cartridge(s)
- 4) A bike mini tool

Optional items to consider depending on the size of your pack.

- 1) Handi wipe or wet wipe
- 2) Tweezers (for removing item from tire)
- 3) Band aid or small first aid stuff-NEO to go
- 4) Small sunscreen
- 5) Lip balm

OTHER ITEMS to carry with you or on the bike:

Hydration (bottle cages with water bottles OR hydration pack such as a Camelback)

Cell phone (for emergencies only)

Identification (1. emergency contact list, 2. copy of driver's license or something to identify you, and 3. copy of your health insurance card)

Food (snacks like bars, gels, etc.)

OTHER OPTIONAL ITEMS:

Bicycle Computer

Tire Pump (can mount with water bottle cage)

OVERALL TIPS:

Check your bag before each ride. Make sure to replace empty CO2, tubes, etc.

Offer to help someone on the road if they need it, next time it could be you.