

RIDE PREPARATION – WHAT TO BRING

REPAIR SUPPLIES

- Spare tube
- Pump and/or CO2 cartridge
- Tire levers
- Allen wrenches
- Spoke wrench
- Tube repair kit

EVERYTHING ELSE

- Water
- Energy drinks / bars
- Snack or sandwich
- Identification
- Cash or credit card
- Sunscreen
- Bug spray / wipes
- Cell phone

RIDE PREPARATION - CLOTHING

HELMET

- Wear a properly fitted helmet (see Helmet Fit Section).
- Make sure that the helmet fits the top of the head and is parallel to the ground.
- Helmets should be replaced after suffering an impact.

CLOTHING

- Good quality cycling shorts will make your rides more enjoyable.
- Cycling jerseys will help wick moisture and keep you dry.
- Bike gloves help distribute pressure across the palms of your hands.

COLD WEATHER

- Wear layers.
- Consider cold weather gloves, ear warmers, tights and jackets as dictated by the temperature.

RAIN

- Wear bright colors and reflective gear.
- Wear waterproof jacket and rain cover for your helmet.

NIGHT

- Wear bright colors and reflective gear.