



BICYCLE BASICS, SAFETY & EMERGENCY CHECKLIST

- * Properly fitting helmet
- * Sunglasses or other eye protection (cycling glasses, not fashion)
- * Pump (consider a pump frame that attaches to bike) & CO2 cartridges/adaptor
- * Bike Pouch
- * Patch kit & 2 spare tubes
- * Two cages for water bottles
- * Garmin or similar navigation device
- * Toolkit for basic repairs, 'Park Tool Fold Up Hex Wrench Set'
- * Your driver's license or other ID, your cell phone, emergency contact & medical information
- * White flashing front/red rear safety lights
- * Cash
- * Make sure you know how to repair a flat tire, and practice at home before you need to do it on the road.
- * We will have a sag wagon that is available for basic and more complicated bike repairs, if needed

CLOTHING/GEAR CHECKLIST

- * We will provide 3 complete cycling kits (shorts for girls, bibs for boys, jerseys)
- * Cycling shoes that you are comfortable with & are relatively worn in (not brand new)
- * Bicycles seats (saddles) come in a variety of shapes and sizes, make sure yours fits *you* comfortably-which means you have to put lots of miles and hours in the saddle
- Jacket (light weight, we will offer one that matches the cycling kit for purchase)
- * Arm warmers, leg warmers,
- * Sunscreen & Lip Balm with sun protection
- * Advil/Ibuprofen for sore muscles
- * Chamois Butter (original non-greasy cream for pro & amateur cyclists to improve riding comfort & soothe already chafed or irritated skin)
- * Road ID-go to roadid.com

ROUTES/MISC.

- * Mapmyride app and/or cue sheet. These can be downloaded from our website under The Ride then Maps and Directions.
- * Energy foods, snacks. All rest stops will have plenty of food and drinks. The secret to a good ride is to eat when you are not hungry, drink when you are not thirsty, and take extra energy bars along with you. Good rule of thumb is to always have 1:1 ratio of water and electrolyte replacement with you.

MAKE SURE TO GET YOUR BIKE TUNED UP PRIOR TO HEADING OUT FOR THIS JOURNEY!