

# BIKING KITLIST

FOR BEGINNERS



## CYCLING GEAR

- Bike
- Helmet

## CORE GEAR

- Bottle / Hydration Pack
- Bottle Cage
- Lights - Front And Rear
- Eye Protection (Sunglasses, Clean Lenses)
- Hi-Viz/Vest / Reflector Vest
- Sunscreen
- First Aid Kit
- Medical Info /Emergency Contact Card
- Tire Levers
- Cycling Multi-Tool (With Allen Wrenches)

## CORE BIKE REPAIR ITEMS

- Spare Tube Or Tubes
- Patch Kit
- Pump

## COMFORT & CONVENIENCE

- Padded shorts & tights
- Wicking jersey or top
- Gloves
- Shoes
- Saddle / Seat Cover (Extra Comfort)
- Paddle kit (and or spare tube or tubes)
- Lock
- Watch or cycling computer

## CYCLING PRE-RIDE INSPECTION

- Tire pressure and condition
- Brake check
- Front rear wheel quick releases secured
- Bolt tightness throughout
- Seat and handlebar height
- Lubrication check
- Reflectors in place

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# BIKING CHECKLIST