



Cycling Repair and Maintenance Checklist

Note: This list is intentionally extensive. Not every cyclist will need to own every repair item listed.

Core repair items (carry while in transit)

- | | |
|---|---|
| <input type="checkbox"/> Spare tube or tubes (and/or patch kit) | <input type="checkbox"/> Tire levers |
| <input type="checkbox"/> Pump | <input type="checkbox"/> Cycling multi-tool (with Allen wrenches) |

Optional repair items for transit (for optimal preparedness)

- | | |
|--|--|
| <input type="checkbox"/> Patch kit | <input type="checkbox"/> Spare tire (sometimes foldable) |
| <input type="checkbox"/> Pressure gauge | <input type="checkbox"/> Chain tool |
| <input type="checkbox"/> CO2 tire inflator (with cartridges) | <input type="checkbox"/> Replacement chain links |
| <input type="checkbox"/> Spare spokes (minimum of 6) | <input type="checkbox"/> Lubricant |
| <input type="checkbox"/> Spoke wrench | <input type="checkbox"/> Brake and derailleur cables |
| <input type="checkbox"/> 6" adjustable wrench | <input type="checkbox"/> Spare components |
| <input type="checkbox"/> General-purpose multi-tool | <input type="checkbox"/> Spare cleats |
| <input type="checkbox"/> Assorted nuts and bolts | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Home shop options

- | | |
|---|---|
| <input type="checkbox"/> Repair stand | <input type="checkbox"/> General-purpose tool kit |
| <input type="checkbox"/> Floor pump | <input type="checkbox"/> Bracket tool |
| <input type="checkbox"/> Truing stand | <input type="checkbox"/> Hex wrench set |
| <input type="checkbox"/> Truing gauge | <input type="checkbox"/> Screwdriver set |
| <input type="checkbox"/> Torque wrench | <input type="checkbox"/> Tire sealant |
| <input type="checkbox"/> Pedal wrench | <input type="checkbox"/> Tire liner |
| <input type="checkbox"/> Chain cleaner | <input type="checkbox"/> Cleaners |
| <input type="checkbox"/> Chain wear indicator | <input type="checkbox"/> Brushes |
| <input type="checkbox"/> Cable puller | <input type="checkbox"/> Stationary trainer |
| <input type="checkbox"/> Cable cutter | <input type="checkbox"/> Storage racks |
| <input type="checkbox"/> Pin spanner | <input type="checkbox"/> Repair/maintenance manuals |
| <input type="checkbox"/> Rim tape | <input type="checkbox"/> Rags |
| <input type="checkbox"/> Handlebar tape | <input type="checkbox"/> Apron |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Pre-ride inspection points

- | | |
|--|--|
| <input type="checkbox"/> Tire pressure and condition | <input type="checkbox"/> Seat and handlebar height |
| <input type="checkbox"/> Brake check | <input type="checkbox"/> Light check (if equipped) |
| <input type="checkbox"/> Front/rear wheel quick releases secured | <input type="checkbox"/> Lubrication check |
| <input type="checkbox"/> Bolt tightness throughout | <input type="checkbox"/> Reflectors in place |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |