Basic Cycling Checklist

Fundamental items and reminders suitable to get anyone started in any type of cycling.

The Two Essentials

☐ Bike

☐ Helmet

Core Gear

☐ Water (hydration pack; bottle with cage)

☐ Snacks/energy food

☐ Sunscreen

☐ First-aid kit (see our First-Aid Checklist)

☐ Eye protection (sunglasses, clear lenses)

☐ Medical info/emergency contact card

Core Bike Repair Items

☐ Spare tube or tubes (and/or patch kit)

☐ Pump

☐ Tire levers

☐ Cycling multi-tool with Allen wrenches

Comfort and Convenience

☐ Padded shorts or tights

☐ Wicking jersey or top

☐ Gloves

☐ Saddle (underseat) bag

☐ Patch kit (and/or spare tube or tubes)

☐ Lock

☐ Watch or cycling computer

☐ Cell phone

☐ Cash and/or credit card

☐ Map (if in unfamiliar area)

Some Personal Extras

☐ __________________________

☐ __________________________

☐ __________________________

☐ __________________________

Cycling Pre-ride Inspection

☐ Tire pressure and condition

☐ Brake check

☐ Front/rear wheel quick releases secured

☐ Bolt tightness throughout

☐ Seat and handlebar height

☐ Light check (if equipped)

☐ Lubrication check

☐ Reflectors in place

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