Bike Commuting/Urban Checklist

Note: This list is intentionally extensive. Not every commuter will carry every item on every ride.

Step 1: The Two Essentials

☐ Bike
☐ Helmet

Step 2: Primary Options (base choices on individual needs and preferences)

Key Transit Items
☐ Water (in bottles or hydration pack)
☐ Eye protection (sunglasses or clear lenses)
☐ Street map
☐ Medical info/emergency contact card
☐ First-aid items (see our First-Aid Checklist)
☐ Lock

Core Repair Items
☐ Spare tube or tubes (and/or patch kit)
☐ Pump
☐ Tire levers
☐ Cycling multi-tool (with Allen wrenches)

Storage/Equipment Options
☐ Backpack, waistpack or hydration pack
☐ Messenger (sling) bag
☐ Saddle (underseat) bag
☐ Headlight
☐ Taillight (with blinking option)
☐ Bell
☐ Handlebar bag
☐ Cargo rack plus trunk bag
☐ Panniers
☐ Mirror (for handlebar or helmet)
☐ Fenders
☐ Straps or bungee cords

Clothing
☐ Rainwear
☐ Stowaway wind jacket
☐ Insulation layer for cool air
☐ Leg straps for pants
☐ Shoe or toe covers
☐ Visibility vest

Personal
☐ Toilet paper/tissue
☐ Chamois cream/skin lotion
☐ Sunscreen
☐ Lip balm
☐ Cell phone
☐ Cash/credit card/ID

Step 3: Post-Ride Items (carry with you, or store in advance at destination)

☐ Change of clothing
☐ Off-bike footwear
☐ Toiletry kit
☐ Towel/washcloth

Step 4: Other Possibilities

☐ Padded shorts or tights
☐ Wicking jersey or top
☐ Gloves
☐ Bike-specific footwear
☐ Cycling socks
☐ Buff/bandana/skullcap
☐ Small, quick-dry towel (for cleanups)
☐ Baby wipes (another cleanup option)
☐ Energy food/gels/drinks
☐ Cycling computer/GPS
☐ Heart rate monitor
☐ Patch kit (and/or spare tube/tubes)
☐ Pressure gauge
☐ CO2 inflator (with cartridge)
☐ Lubricant
☐ Strips of duct tape (for repairs)

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