



Road Biking Checklist

Getting ready to ride? This comprehensive list for road cyclists is designed to help you remember everything you need.



The Two Essentials

- ☐ Bike
- ☐ Helmet



Tools & Repairs

Core Repair Items:

- ☐ Spare tube or tubes
(and/or patch kit)
- ☐ Compact pump
- ☐ Tire levers
- ☐ Bike multi-tool

Additional Repair Items:

- ☐ CO2 inflator (with cartridges)
- ☐ Spoke wrench
- ☐ Assorted nuts and bolts
- ☐ Chain tool
- ☐ Replacement chain links
- ☐ Lubricant
- ☐ Valve adapter (*Presta to Schrader*)
- ☐ _____
- ☐ _____



Bike Accessories

- ☐ Headlight
- ☐ Rear bike light
- ☐ Lock
- ☐ Cycling computer/GPS/
smartphone with bike app
- ☐ Mirror (*for handlebar or helmet*)
- ☐ Fenders
- ☐ Water bottles and cages
- ☐ Saddle pack
- ☐ Bell
- ☐ _____



Clothing

- ☐ Wicking jersey or top
- ☐ Padded bike shorts or tights
- ☐ Cycling gloves
- ☐ Weatherproof, full-fingered gloves
- ☐ Rain jacket and rain pants
- ☐ Stowaway wind jacket
- ☐ Insulation layer(s)
- ☐ Shoes suited to bike's pedals
- ☐ Cycling socks
- ☐ Shoe covers
- ☐ Neck gaiter/bandana/cap/skull cap
- ☐ Arm/leg warmers
- ☐ Visibility vest



Personal Items

- ☐ Eye protection (*sunglasses or clear lenses*)
- ☐ First-aid items
- ☐ Medical info/emergency contact card
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Chamois cream
- ☐ Snacks
- ☐ Energy food/gels/drinks
- ☐ _____



Other Options

- ☐ Map (*if in unfamiliar area*)
- ☐ Guidebook or route description
- ☐ Camera
- ☐ Cellphone
- ☐ Cash/credit card/ID
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____