

CYCLIST'S



CHECKLIST

BODY ESSENTIALS

- ☐ Helmet/Headband
- ☐ Sunglasses/Sunscreen/Lip Balm
- ☐ Shoes/Footbed/Socks/Toe Covers
- ☐ Gloves/Summer or Winter
- ☐ Shorts/Tights
- ☐ Chamois Butter
- ☐ Jersey/Jacket
- ☐ Leg, Arm, Ear Warmers

SAFETY ESSENTIALS

- ☐ Mirror/Bell/Horn
- ☐ Rear Flashing LED
- ☐ Lighting System

HYDRATION & NUTRITION ESSENTIALS

- ☐ Water Bottles & Cages/ Hydration Pack
- ☐ Energy Bars/Gel/Drink

FITNESS ESSENTIALS

- ☐ Computer/Heart Rate Monitor
- ☐ Trainer, Mat

PERFORMANCE ESSENTIALS

- ☐ Clipless Pedal System
- ☐ Aero Bars/Bar Ends

TRANSPORTATION ESSENTIALS

- ☐ Car Rack/Hitch/Roof/Trunk

SECURITY ESSENTIALS

- ☐ Bicycle Lock/Car Rack Lock

REPAIR & MAINTENANCE ESSENTIALS

- ☐ Floor Pump/Frame Pump/Co2 Inflator
- ☐ Multi Tool/Tire Levers
- ☐ Spare Tubes/Patch Kit
- ☐ Chain Lube/Derailleur & Cable Lube
- ☐ Workstand/Tools

CARRY-ON BIKE ESSENTIALS

- ☐ Seat Bag/Handlebar Bag
- ☐ Rear Rack/Trunk Bag/Panniers
- ☐ Baby Seat/Child Trailer

STORAGE ESSENTIALS

- ☐ Bike Stand/Hooks

SERVICE ESSENTIALS

- ☐ Keep it Pedaling

Ask about FREE LIFETIME ADJUSTMENTS