

Road Cycling Checklist

(Beginner and Intermediate)



THE TEN ESSENTIALS

1. **Navigation:** Route Map, Compass (GPS optional)
2. **Hydration:** Water Bottles, Hydration Pack
3. **Nutrition:** 100-300 Calories per hour
4. **Sun Protection:** Sunscreen, Sunglasses, Lip Balm
5. **Insulation:** Cycling Gloves, Cycling Jacket/Windbreaker, Arm Warmers
6. **Safety:** Helmet, Spare Tube, Bike Tools
7. **Illumination:** Rear Bike Light, Bike Lamp, Headlamp
8. **First Aid:** Road ID, Chaffing Lubricant
9. **Shelter:** *not applicable*
10. **Communication:** Cell Phone, Whistle (For emergency signals)

Clothing recommendations below are for warm/cool weather riding during drier seasons. Cold or Wet weather riding requires additional specialized clothing.

BICYCLE GEAR

- Road Bike
- Helmet
- Two Water Bottles or One Water Bottle and Hydration Pack
- Small Under Seat Tool Bag (*for all bike repair tools/items*)
- Security Lock (*if you plan to leave your bike for a mid-ride latte, blended juice, or snack*)
- Tire Pump or CO2 Cartridge/Inflator (*make sure it fits your valve: Presta or Schrader*)
- Spare Tube (*make sure it fits your tire*)
- Patch Kit (*for your tubes and tire*)
- Tire Levers
- Bike Multi-Tool (*Allen wrenches*)
- Chain Tool and Spare Chain Links
- Small Hydration Pack (*optional*)
- Road Bike Clipless Pedals (*optional*)

CLOTHING

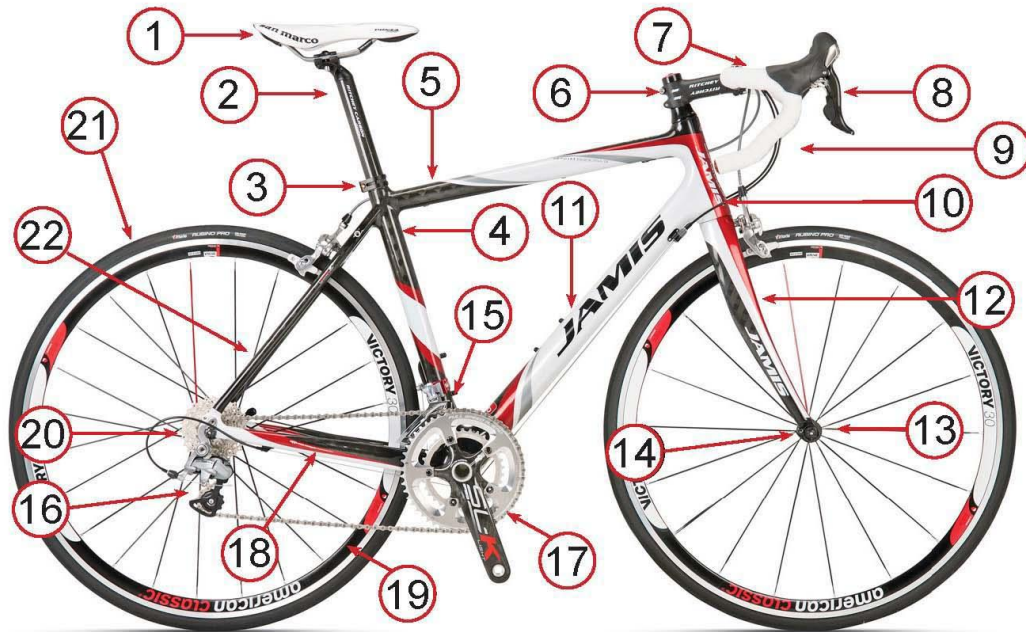
- Cycling Shorts/Bibs
- Moisture Wicking Socks
- Cycling Gloves
- Cycling Jersey with back pockets (*for trash, snacks, etc*)
- Cycling Windbreaker (*with removable sleeves*) or Arm Warmers
- Road Cycling Shoes (*only with clipless pedals*)

MISCELLANEOUS

- Sunglasses
- Bike Computer
- Drop Handlebar Mirror
- Travel Size Sunscreen
- Lip Balm
- High Calorie/Caffeine Snacks (*100-300 per hour of riding*)
- Salt Packet or Electrolyte Powder
- Cell Phone
- Cash (*a \$10 for emergency and \$1 for tire patch*)
- Road ID
- Drivers License & Insurance Card
- Credit/Debit Card (*for a mid-ride lunch or latte*)

PARTS OF THE BIKE

Every rider should do a pre-ride safety check on their bike, and know the proper name for each part of the bike. New cyclists are strongly encouraged to attend a basic bike maintenance class.



1. Saddle
2. Seat Post
3. Seat Clamp
4. Seat Tube
5. Top Tube
6. Headset
7. Gear Shifters
8. Brake Levers
9. Shifter & Brake Cables
10. Head Tube
11. Down Tube

12. Front Fork
13. Front Hub
14. Front Drop-outs
15. Front Derailleur
16. Rear Derailleur
17. Chainset
18. Chainstays
19. Rim
20. Rear Hub
21. Tire & Tube
22. Seatstays

SAFETY NOTES

Tires- Should be inflated before every ride. Min and max tire pressure can be found on the side of the tire.

Wheels- Should be “true” meaning they do not wobble when spinning freely. Spokes should be tight and have a similar “sound” when strummed like a harp

Frame- Should have no cracks. Do not ride if there are visible cracks in your bike frame

Gears- Should shift smoothly. Chain should be lubricated and without rust.

Bolts- (all bolts) Should all be securely fastened. There should be no rattling anywhere.