 **Road Cycling Checklist**

**Core Gear:**

☐ Bike

☐ Helmet

☐ Water (bottle with cage; hydration pack)

☐ Eye protection (sunglasses or clear lenses)

☐ Snacks/energy food (if needed)

☐ Medical info/emergency contact card

**Core Repair Items:**

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

☐ Pump or CO2 inflator

☐ Tire levers

☐ Cycling multi-tool (with Allen wrenches)

**Safety Items:**

☐ Headlight

☐ Taillight (with blinking options)

☐ Mirror (for handlebar or helmet)

☐ First-aid kit

**Basic Clothing Items:**

☐ Wicking jersey or top

☐ Padded shorts or tights

☐ Gloves

☐ Footwear suited for bike pedals

☐ Cycling socks

☐ Buff/bandanna/cap/skullcap

**Optional Clothing for Variable Weather:**

☐ Rainwear

☐ Stowaway windbreaker

☐ Insulation layer(s) for cold weather

☐ Weatherproof full-fingered gloves

☐ Arm/leg warmers

☐ High-visibility vest or jacket

**Optional Gear:**

☐ Saddle (underseat) bag

☐ Cycling computer/GPS

☐ Lock

☐ Map (if in unfamiliar area)

☐ Cell phone

☐ Cash and/or credit card

**Optional Personal Items:**

☐ Sunscreen

☐ Chamois cream

☐ Lip balm

☐ Insect repellent

☐ Toilet paper/tissues

☐ Baby wipes

**Pre-Ride Inspection Points:**

☐ Tire pressure and condition

☐ Brake check

☐ Front/rear wheel quick releases

☐ Bolt tightness throughout

☐ Seat and handlebar height

☐ Light check (if equipped)

☐ Chain lubricated