



Road Biking, Urban Biking, and Commuting Checklist

One of the best ways to ensure a safe and enjoyable trip is to prepare yourself with the appropriate equipment for your outdoor activity! Urban cycling, commuting, and road biking all involve many of the same preparatory elements and checklists due to their road use and public nature. Whether you bike to work every day or want to prepare yourself for a quick, fun cycling trip on paved streets, be sure to review this checklist. Your personal needs may vary, so add or remove items as you see fit.

Core Essentials

- ☐ Bicycle
- ☐ Helmet

Basic Essentials

- ☐ Water Source
- ☐ Sunglasses
- ☐ Medical Info/Card
- ☐ Bag
- ☐ Lip Balm
- ☐ Mounting Devices (GPS/Phone Mount)
- ☐ Bike Mirrors
- ☐ Bottle Holder
- ☐ Cycle Horn/Bell
- ☐ Tail Light/Side Lights
- ☐ Reflective Tape and Strips
- ☐ Cycling Mult-Tool
- ☐ Lock

Clothing

- ☐ Face Mask
- ☐ Visor/Hat
- ☐ Reflective Vest
- ☐ Gloves
- ☐ Technical Socks
- ☐ Padded Shorts or Leggings
- ☐ Windbreaker/Jacket with Liner
- ☐ Rainwear
- ☐ Thermal Underwear
- ☐ Cycling Footwear
- ☐ Shoe or Toe Covers
- ☐ Hands and Feet Warmers
- ☐ Balaclava
- ☐ Ear Band/Ear Muffs

Post-Ride Items

- ☐ Change of Clothing
- ☐ Off-Bike Footwear
- ☐ Towel/Washcloth
- ☐ Toiletry Kit

First Aid

- ☐ First Aid Kit
- ☐ Pain Relieving Balm
- ☐ Blister Treatment

Personal Essentials

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____