



Bicycling Checklist

Ensure that you're prepared for your biking trip with the following essentials and equipment. Your personal needs may vary, so add or remove items as you see fit.

Core Essentials

- Bicycle
- Helmet

Basic Essentials

- Water Source (Hydration Pack or Bottle)
- Energy Food/Snacks
- Sunscreen
- Lip Balm
- Sunglasses
- Medical Info/Card
- Protective Gear (Elbow/Knee Pads)
- Bag (Waist Pack/Saddle Bag)
- Towel
- Strength Tape
- Flashlight/Headlamp
- Pocket Knife

Travel Gear and Accessories

- Backpack
- Bike Rack, Hitch, or Cage
- Mounting Devices (GPS/Phone Mount)
- Bike Mirrors
- Bottle Holder
- Cycle Horn or Bell
- Tail Light/Side Lights
- Tube Repair Kit (Tube, Inflator, Patch Kit)
- Handlebar Grip
- Fitness Watch
- Reflective Tape and Strips
- Cycling Multi-Tool
- Lock
- Cell Phone
- Map/Manuals
- Cash/Credit Card
- Straps/Bungee Cords
- Emergency Whistle
- Compass

Clothing

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

First Aid

- First Aid Kit
- Bandages
- Pain Relieving Balm
- Blister Treatment
- Insect Repellent
- Safety Glasses
- Toiletry Kit

Personal Essentials

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- _____
- _____
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