

PRE-RIDE CHECKLIST

bike check	clothing	lighting	food & drink
hubs	gloves (short/long)	headlight	Gatorade
chain	spare socks	tail light	Power bars
spoke tension	undershirt	helmet light	gels
forks	shorts	spare batteries	instant breakfast
brakes	tights	spare bulbs	trail mix
derailleurs	jersey		jelly beans
quick release	windproof jacket		Boost
tyre pressure	arm/leg warmers		bananas
	shoes		perogies
	cap(s)		Camelback
			water bottles
tools & repair	rain gear	data	fist aid
chain tool	rain jacket	computer	sunscreen
multi-wrench	gloves	altimeter	lipsol
multi-tool	booties	HR monitor	chamois lube
tyre irons			wipes
spare tyre			scissors
spare tube(s)			band-aids
patch kit			
grease rag	luggage	navigation	Etc.
tape			
zip-ties	rack pack	maps	camera
cables	tool bag	map case	batteries
	stuff sacks	route sheet	charger
safety		control card	sunglasses
		compass	extra zip-lock bags
helmet		pen	money
reflective vest		GPS	travel documents
leg/arm bands		computer	
café lock			