

Cycling Checklist



Essentials:

- | | | |
|---|--|---|
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hydration | <input type="checkbox"/> Mobile Phone |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Snack | <input type="checkbox"/> I.D. |
| <input type="checkbox"/> Eyewear | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Insurance Card |
| <input type="checkbox"/> Cycling shoes | <input type="checkbox"/> First Aid | <input type="checkbox"/> Emergency Contacts |
| <input type="checkbox"/> Cash/Credit card | <input type="checkbox"/> Diabetes supplies | <input type="checkbox"/> Medical Info |

Comfort:

- | | |
|---|--|
| <input type="checkbox"/> Padded Shorts/Bibs | <input type="checkbox"/> Chamois cream |
| <input type="checkbox"/> Wicking Jersey/Top | <input type="checkbox"/> Map if in unfamiliar area |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Weather specific: hat, jacket, warmers, under layer |

Repair and Accessories:

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|--|---|-------------------------------------|
| <input type="checkbox"/> Spare Tube | <input type="checkbox"/> CO2 and/or Pump | <input type="checkbox"/> Saddle Bag |
| <input type="checkbox"/> Tire Levers | <input type="checkbox"/> Multi-tool | <input type="checkbox"/> Patch Kit |
| <input type="checkbox"/> Gloves/Wipes? | <input type="checkbox"/> Cycling Computer | <input type="checkbox"/> Lock? |

Personal:

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |