

PACKING FOR A BIKING TRIP



ESSENTIALS:

1. BIKE
2. HELMET (PONYTAIL HOLDER)
3. WATER BOTTLES

BIKE EQUIPMENT:

1. SPARE TUBE OR PLUG
2. CO2 CARTRIDGE
3. PUMP
4. BAGS

TECH GEAR:

1. GARMIN
2. HEADLIGHT
3. TAILLIGHT
4. CAMERA/PHONE
5. CHARGERS FOR ABOVE ITEMS
6. BATTERY CHARGER

CLOTHING:

1. BIKE SHORTS
2. JERSEY
3. SPORTS BRA
4. BIKE SHOES
5. PADDED GLOVES
6. SUNGLASSES
7. RAIN/WINTER GEAR

FUEL:

1. GATORADE, POWDERED DRINK MIXES
2. BARS, GELS, CHEWS

SELF-CARE ITEMS:

1. SUNSCREEN
2. CHAPSTICK
3. CHAMOIS BUTT'R

FOR STOPS ALONG THE ROUTE:

1. CASH OR CREDIT CARD
2. HAND SANITIZER
3. MASK (DURING COVID)

AFTER THE RIDE:

1. TOWEL, WET WIPES, ETC.
2. CHANGE OF CLOTHES
3. HAT TO COVER HELMET HAIR
4. FLIP FLOPS, COMFY SHOES