



41869 Big Bear Blvd. Big Bear Lake Ca. 92315 · Ph.(909) 878-3268

CYCLING CHECKLIST

Essentials.....

- Bike
- Helmet

Essential Gear.....

- Water (hydration pack or bottle with cage)
- Snacks/Nutrition
- Sunscreen
- Sunglasses
- First Aid Kit
- Spare Tube or Tubes
- Patch Kit
- Pump
- Tire Levers
- Multi Tool (with Allen Wrenches)
- Underseat Saddle Bag

Clothing.....

- Padded Shorts or Tights
- Wicking Jersey or Top
- Gloves
- Bike shoes

Additional Items.....

- Lock
- Watch or Cycling Computer
- Cell Phone
- Personal Locator
- Map

Pre-Ride Inspection Points.....

- Tire Pressure and Condition
- Brake Check
- Front/Rear Wheel Quick Release Secured
- Bolts Tightened
- Seat and Handlebar Height
- Lubrication Points Checked