

## **II. Bicycle Riding Equipment**

### **A. Essential clothing and gear in order of importance:**

- A.1. Helmet. The more expensive helmets have more air vents**
- A.2. Padded riding shorts**
- A.3. Riding gloves to protect the pressure points on your hands**
- A.4. Shoes if you want to clip on to your pedals**
- A.5. Water bottle + holders on the bicycle or a camelback**
- A.6. Front and rear lights**
- A.7. Bicycle pump**
- A.8. Riding jersey. A short sleeved jersey can be converted to a winter jersey by adding a long sleeved shirt underneath it.**
- A.9. Riding pants with zippers at the ankles to be worn over the shorts when the weather is cold.**
- A.10. A riding jacket for cold or inclement weather**
- A.11. A bicycle rack or some means to transport your bicycle**
- A.12. An odometer that will tell you speed and miles ridden.**
- A.13. A mirror attached to either the helmet or the bicycle**
- A.14. A pouch or bag for carrying on the road essentials**

### **B. On the Road Essentials**

- B.1. Spare inner tube**
- B.2. Patch kit**
- B.3. Tire lever for changing flat tires**
- B.4. Bicycle pump or CO2 cartridges +pump**
- B.5. Multi-tool for fixing flats, and making bike adjustments or repairs**
- B.6. A cell phone to call for help**
- B.7. Identification / money / insurance cards**