

Cindy Gear Kit List

Gear Requirements and Recommendations

For all your training rides please carry the following on your bike:

REQUIRED

- Properly fitted helmet.
- Current identification, driver's license or a photocopy of your I. D.
- Water bottle or hydration pack (wash after every use!).
- 1 or 2 bike tubes.
- Bike pump or CO2 cartridges.
- Tire levers to remove and replace tires.
- Mini multiple bike tool set.
- Tire patch repair kit.
- Money or ATM card.

RECOMMENDED

Optional and helpful items to keep inside your bike kit and useful to have while riding:

- **Strongly recommended:** Sunglasses or protective eyewear, bike gloves and sunscreen.
- Energy food - bars, fruit or gels.
- 1 pair thin latex gloves (keeps hands clean when working on bike).
- Eyebrow tweezers to pull out stuck items in your tires.
- Medications you need: Ex: (Tums, Aspirin, allergy meds, eye drops).
- Insurance medical care.
- Kleenex or similar tissue.
- Packets of hand cleaning wipes.
- Personal emergency contact numbers and allergy or medical alert information (Ex: Medic Alert).
- Lib balm.
- Small roll of duct or electrical tape.
- Dollar bill to be used in an emergency to repair sidewall tire blowouts.
- Small pen or pencil.
- Tampons or pads as needed.
- Reflective ankle band for loose pants bottoms and visibility purposes.
- Ankle Road I.D. or similar.
- Nighttime Riding Requires: Front light, rear reflector or flashing light. Wear light-colored or reflective clothing.

For your riding enjoyment we recommend you consider using padded chamois pants or padded chamois underwear with your riding pants.

DO NOT OVER PACK! Think compact when planning your ride. More is not always better but do not ignore your comfort and safety. Gear used should equal the distance, physical conditioning and weather demands of the ride.

There's a wide assortment of bike bags, seat packs and fanny packs you can purchase to carry gear. In a pinch, you can simply use a zip lock bag taped or bungeed under your seat or attached to a safe place on your bike frame where it will not interfere with moving parts, wheels and drive train. Use two water bottles, one for drinks the other empty bottle can be used to carry gear, cell phone, snacks or stuff a vest.