

# Bicycle Checklist

by  TripSava



Tires

☐

Inflate to correct PSI as printed on the tires and ensure the tires are firm, and ensure there are no punctures

☐

Be sure pads are not worn, align brake pads with wheel rims; test brakes for stopping power

☐

Ring/honk to be sure it's working correctly

☐

Spin them to ensure they move freely

☐

Set to the correct height and angle for your body and ensure that the saddle is secure

☐

Spin to check for alignment and to make sure they rotate smoothly without wobbling or rubbing

Recommended items when biking



Spare tube



Tire levers



Portable tire pump



Tube patch kit



Gloves



Allen key



Pliers multitool



Adjustable wrench



Chain Tool



Extra chain links

Helmet

☐

Check your helmet to make sure there are no dents or cracks

Lights and reflectors

☐

See that they are clean and illuminating properly

Handlebars

☐

Make sure they are secure and set at the right angle and height

Chain

☐

Clean and lubricate; adjust the tension so it's snug but not binding

Derailleurs

☐

Check that chain shifts properly across the gears when shifting gears

Axles

☐

Tighten quick release axles



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## Renting a bicycle

Plan ahead to ensure you are able to rent the type of bicycle you’d like (road, hybrid, mountain, electric). Bicycle rental companies usually provide a helmet. You may prefer to bring your own. When renting ask:

- ☐ Rental fees – including deposits, insurance, and when payment is due
- ☐ When and where to arrive for your rental pick up
- ☐ If you’re renting an electric bicycle, how to charge it and how long the charge lasts
- ☐ If there are any restrictions about where you may not ride on the bicycle
- ☐ When the bicycle needs to be returned
- ☐ What safety items are included with the bicycle
- ☐ Who to contact in an emergency and how to contact them
- ☐ Recommended ride paths nearby
- ☐ Local bicycle road rules

## Before you head out

- ☐ Do a visual inspection of the bicycle and note any damage
-  Take photos of any existing damage before you leave
- ☐ Try out the bicycle to make sure it’s in good working condition
- ☐ Make sure your helmet is on your head snug & the chin strap is fastened (it should not wobble on your head)
- ☐ Be sure you know everything you need to know about operating the bicycle


## Transporting your bicycle

If driving

- ☐ Make sure your bike rack or carrier can accommodate the bicycle(s)

If flying

- ☐ Check with the airline for any extra fees
- ☐ Packing requirements – what is the size of the box the bicycle needs to be in
- ☐ Reassembly instructions

 You will likely need to break your bicycle down to transport it on an airplane. Be sure you know how to reassemble it or have someone who can do so at your destination.

## Clothing and comfort checklist

- ☐ Cycling shoes with firm soles
- ☐ Bike shorts with a padded lining
- ☐ Sunglasses or other eye protection
- ☐ Jacket to block wind and rain
- ☐ Arm warmers, leg warmers, extra clothing as appropriate
- ☐ Wet weather gear if needed
- ☐ Moisture wicking clothing to help keep skin dry and comfortable
- ☐ Padded gloves to reduce pressure which can cause numb or tingling fingers
- ☐ Brightly colored clothing to improve visibility
- ☐ Sunscreen
- ☐ Lip balm with sun protection
- ☐ Chamois balm to ease friction between skin and clothes

### Notes