

Safety Gear

- Approved Bike Helmet (good fit absolutely necessary)
- Gloves (full/fingerless – riders choice)
- Good quality sun glasses

On The Bike

- ID card with emergency contact information, blood type, appropriate medical info (the Wheelmen membership card has this info, you can use an old drivers license if the address is still good, or put the info on a piece of heavy paper)
- Two water bottles (clear or white suggested) or a camelback
- Air pump or CO2 cartridge system (**CO2 not recommended for new riders**)
Topeak “Morph Pumps” HIGHLY RECOMMENDED
- Two spare tubes that fit your tires or one tube and a glueless patch kit
- Tire tools (levers)
- Allen wrenches (multi-tool for bikes)
- Adjustable wrench if you have bolt-on wheels
- Seat Pack to carry gear (can carry in fanny pack or camelback)
- Energy bar(s) or gel(s)
- Plastic bag for maps
- Cell phone/phone card/quarters for pay phone (in a plastic bag)
- Emergency cash
- Headlight and rear light if planning to ride after dusk
- **Optional items:** chain tool, lens cleaners, personal first aid kit, sun screen, lip balm, butt balm, insect repellent, spare cleat screws for clipless pedals, roll of electrical tape or rim liner for your rims, paper and pen, tissues or handkerchief
- **Optional equipment:** heart rate monitor, cycling computer, GPS

In The Car

- Floor air pump with pressure gauge
- Chain lube and chain brush
- Cleaning rags for bike
- Spare tubes and patch kit
- Tools
- First aid kit
- Plastic bags
- Sun screen, insect repellent and butt balm
- Lens cleaners for sunglasses
- Change of clothing (shirt, pants, socks)
- Towel
- Hat
- After ride drink
- After ride snacks

In The Garage

- Cleaning Supplies
- Lubricants
- Additional tubes and other spare parts
- Basic tools
- Optional: mechanic stand and bicycle tools
- A place to hang your bike (bike tires parked on concrete will develop dry rot within one year if not used frequently)