



Bicycling Checklist

Our comprehensive Berkeley Bikeways checklist helps prepare you for safe and fun cycling adventures.

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| ☐ Helmet | ☐ Season-specific clothing layers |
| ☐ Spare tube or tubes | ☐ Padded cycling gloves |
| ☐ Patch kit | ☐ Visibility vest |
| ☐ Tire levers | ☐ Eye protection (sunglasses or clear lenses) |
| ☐ Bike specific multi-tool | ☐ Sunscreen (SPF 30+) |
| ☐ Compact pump or CO2 inflator (with cartridges) | ☐ Lip balm |
| ☐ Valve adapter (Presta to Schrader) | ☐ Chamois cream |
| ☐ Chain lubricant | ☐ Copies of ID and medical insurance |
| ☐ Headlight | ☐ Medications |
| ☐ Rear flashing red bike light | ☐ Cash / credit card |
| ☐ Cycle computer / GPS / smartphone with bike APP | ☐ <u>Know your route</u> : print off map from Berkeley Bikeways, download off-line maps, download GPS files |
| ☐ Mirror (for handlebar or helmet) | ☐ Provide family & friends with trip itinerary |
| ☐ More drinking water than you think you'll need! | ☐ _____ |
| ☐ Water bottle cages or hydration pack | ☐ _____ |
| ☐ Snacks | ☐ _____ |
| ☐ Saddle pack | ☐ _____ |
| ☐ Bell | |