

## Checklist

- Functioning bike, checked by a mechanic
- Undamaged and properly fitted bike helmet
- Clothing appropriate for the ride
- Water
- Food. (Gel packs are small and light)
- Waterproof jacket
- Medications to be self administered
- Tube (check it a few times a season)
- Mini-pump
- Tire lever(s)
- Multi tool with chain breaker - or individual tools
- Patch kit
- Blinking red light if commuting to or from practice