Bike Ride Prep List

Before you go on a bike ride, here are a few important things to take with you :) One of the most is most definitely food!!

- [ ] Proper tire pressure. If you aren't sure, use http://www.dorkypantsr.us/bike-tire-pressure-calculator.html and I am a big fan of the 40/60 ratio
- [ ] Brake check (do this before you are actually riding)
- [ ] Cell Phone (in case of emergency)
- [ ] Wallet + ID (just in case you need to buy a snack or if you get super lucky for getting pulled over for "rolling" through a stop sign ;)
- [ ] CO2 Cartridges + adapter + patch kit + tire levers (optional, is a small pump)
- [ ] Extra Inner Tube (when you get a flat, it is much faster and easier to just replac
- [ ] Bananas (1 for every 30ish miles)
- [ ] Energy Bloks (1 stick for every 30ish
- [ ] Water Bottles (1 for every 30ish miles, max out at 2 or 3, and refill along the wa
- [ ] A treat => something sweet and happy that'll make you love that snack even more once you are about to bonk (hitting the mental/physical wall)

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