

# 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 replace)
- ☐ Bananas (1 for every 30ish miles)
- ☐ Energy Bloks (1 stick for every 30ish miles)
- ☐ Water Bottles (1 for every 30ish miles, max out at 2 or 3, and refill along the way)
- ☐ 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)