

Riders Checklist

We often get asked by our newbie riders “What should I bring with me”, so we have put together a list of ideas which we hope will help you. We have included the obvious and the not so obvious just to help.

- Emergency – Mobile phone *with a contact no under “emergency contact”*
- Helmet if buying one select a brand with crash replacement warranty
- Water bottle/holder or rucksack water carrier* *Tesco’s sell them for around £8

Clothing

It’s not obligatory to wear specialised kit – but there is a good reason why we do so. The breathable materials and wicking tops make the ride more comfortable and the UK weather

- Lycra cycle shorts *or baggies with shorts inserts*
- Waterproof jacket *compact for keeping in bag*
- Gloves *useful for the longer rides/fingerless during the summer*
- Shoes *normally expensive £70 upwards, but you can get bargains in places like decathlon/aldi with the ability to put cleats (clip ins) if you take up the sport for around £24-£40 -*
- Sports Glasses *ideally the ones with replaceable lens/clear/tinted etc start at around £20*

Breakdown

- Spare tube *-make sure it’s the right one Presta(road bike) or Schrader (car type)*
Many OTT riders run with tubeless tyres – however we don’t suggest slime type tubes
- Puncture repair kit *Patches are useful but not great in poor weather*
- Small pump
- Replacement links for chain *link connectors from SRAM are great at around £3*
- Rear hanger (on many new bikes this component holds the rear derailleur in place and often snaps on a muddy ride) *around £10-18 worthwhile keeping in the bag*

Food

Some of the longer rides are challenging and you will need extra food and liquid, so here are some ideas

- Powerbars *if not the expensive ones try some of the fruity soft types from the supermarket*
- Banana’s
- Malt Loaf *sticky but great if packed in smaller bags in your rucksack*
- Sports Drinks *careful as some are to help hydrate and others for recovery after a ride*



For a range of value clothing