

Bike Check / Kit List for Tour de Gwent

Tools

- Puncture repair kit
- Inner tubes (2 minimum)
- Tyre levers
- Spare tyre
- Inner tube pump
- Multi Tool or enough Allen keys / screwdriver to suit bike adjustments
- Chain extractor tool or spare quick link if applicable

Clothing – check weather conditions day before ride

- Helmet - required
- Waterproof / Wind proof Jacket /
- Gilet depending on weather forecast
- Gloves to suit weather conditions and temperature
- Suitable cycling shorts / tights
- Overshoes – if temperature required
- Good quality cycling socks or equivalent
- Arm or leg warmers – for beginning of ride or if conditions change
- Consider base layer if cooler conditions
- Change of warm clothing for end of ride

Bike extras

- Enough water bottles and cages attached to bike dependent on distance cycling
- Lights if required dependent on weather conditions and time of year
- Check mobile phone is fully charged on the day of the bike ride
- Printed map of route

Basic First Aid Supplies

- Plasters
- Some Dressings
- Alcohol Wipes
- Adhesive First Aid Tape

Bike Check – Prior to event

- Check your bike to make sure that the following are in good working order :
 - Brakes – front and back are working – stop your bike and are not rubbing
 - Headset on bike is checked not loose or tight or making any noises
 - All gears are fully working and able to choose all the gears on the bike
 - Wheels are in good condition with no major buckles and spin freely
 - Both tyres have the required air in them – not too hard or soft
 - Seat is adjusted correctly and seat stem is tightened
 - Handlebars – adjusted correctly and all handlebar stem bolts tightened
 - Front and rear derailleur in good work order and tightened
 - Crankset spins freely and not loose and spins freely
 - Pedals secured to crankset and again spin freely with no major noises
 - Check all bolts on bike are secured and tightened as required