

Cycling gear checklist

What you need

The only essentials are:

- Bike
- Helmet

Other things you might want to bring

You may also want to bring some of the things below. You almost certainly won't require every item listed here; it will depend on your individual needs and preferences. Think about where you are going, what weather conditions are like, and what you are likely to need.

Basics

- Water (in bottles or hydration pack)
- Eye protection (sunglasses or clear lenses)
- Street map
- Medical info / emergency contact card
- First-aid
- Bike lock

Other items

- Food (for longer journeys)
- Tissues
- Chamois cream/skin lotion
- Sunscreen
- Lip balm
- Mobile phone
- Cash / credit card / ID

Repair

- Spare tube or tubes (and/or patch kit)
- Pump
- Tire levers
- Cycling multi-tool (with Allen wrenches)

Storage and equipment

- Backpack, waist pack or hydration pack
- Messenger (sling) bag
- Saddle (under seat) bag
- Headlight
- Taillight (with blinking option)
- Side safety lights (on frame, spokes or seat post)
- Bell
- Handlebar bag
- Cargo rack plus trunk bag

- Panniers
- Mirror (for handlebar or helmet)
- Fenders
- Straps or bungee cords

Clothing

- Rainwear
- Wind jacket
- Insulation layer
- Leg straps for pants
- Shoe or toe covers
- Visibility vest

After cycling

(Carry with you, or store in advance at your destination)

- Change of clothes
- Off-bike footwear
- Toiletry kit
- Towel / washcloth

Other accessories

- Padded shorts or tights
- Jersey or top
- Gloves
- Bike-specific footwear
- Cycling socks
- Buff/bandana/skullcap
- Small, quick-dry towel (for clean ups)
- Baby wipes (another clean up option)
- Energy food/gels/drinks
- Cycling computer/GPS
- Heart rate monitor
- Patch kit (and/or spare tube/tubes)
- Pressure gauge
- CO2 inflator (with cartridge)
- Lubricant
- Strips of duct tape (for repairs)