



Bike Commuting/Urban Checklist

There are many great reasons to cycle to work. Use our comprehensive gear list to not forget anything important. Not every cyclist will bring every item.

The Two Essentials

- Bike
- Helmet



Key Transit Items

- Water (*in bottles or hydration pack*)
- Medical info/emergency contact card
- Eye protection (*sunglasses or clear lenses*)
- First-aid items (*see our First-Aid Checklist*)
- Street map
- Lock



Core Repair Items

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



Storage/Equipment Options

- Backpack, waistpack or hydration pack
- Cargo rack plus trunk bag
- Messenger (*sling*) bag
- Panniers
- Saddle (*underseat*) bag
- Mirror (*for handlebar or helmet*)
- Headlight
- Fenders
- Taillight (*with blinking option*)
- Straps or bungee cords
- Bell
- _____
- Handlebar bag
- _____
- _____



Clothing

- Rainwear
- Stowaway wind jacket
- Insulation layer for cool air
- Leg straps for pants
- Shoe or toe covers
- Visibility vest
- _____
- _____
- _____



Personal

- Toilet paper/tissue
- Chamois cream/skin lotion
- Sunscreen
- Lip balm
- Cellphone
- Cash/credit card/ID
- _____
- _____
- _____
- _____



Post-Ride Items

Carry with you, or store in advance at destination.

- | | |
|---|--|
| <input type="checkbox"/> Change of clothing | <input type="checkbox"/> Towel/washcloth |
| <input type="checkbox"/> Off-bike footwear | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Toiletry kit | <input type="checkbox"/> _____ |



Other Possibilities

- | | |
|--|---|
| <input type="checkbox"/> Padded shorts or tights | <input type="checkbox"/> Cycling computer/GPS |
| <input type="checkbox"/> Wicking jersey or top | <input type="checkbox"/> Heart rate monitor |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Patch kit and/or spare tube/tubes |
| <input type="checkbox"/> Bike-specific footwear | <input type="checkbox"/> Pressure gauge |
| <input type="checkbox"/> Cycling socks | <input type="checkbox"/> CO2 inflator (<i>with cartridge</i>) |
| <input type="checkbox"/> Neck gaiter/bandana/skullcap | <input type="checkbox"/> Lubricant |
| <input type="checkbox"/> Small, quick-dry towel (<i>for cleanups</i>) | <input type="checkbox"/> Strips of duct tape (<i>for repairs</i>) |
| <input type="checkbox"/> Baby wipes (<i>another cleanup option</i>) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Energy food/gels/drinks | <input type="checkbox"/> _____ |