

*Bike City Chain Reaction
Checklist for Riders
Items to Bring to a Ride & Things to Do*

- *2 Bottles of fluid (not just water)*
- *Helmet – required, (Gloves, Glasses – recommended)*
- *Money (Just a couple bucks for extra Gatorade, snacks)*
- *Snack, Power Bar, Gu, Etc.*
- *Tube*
- *Tire Changing Tool*
- *Air Pump, or Cartridges*
- *Sunscreen, Lip Balm*
- *Cell Phone*
- *Pepper Spray (optional)*
- *Communicate with Ride Leader your Abilities and Skill Level*
- *Get Map from Ride Leader*
- *Get Cell Phone Number for Sag & Ride Leader*
- *Read Safety Guidelines (web-site)*

Additions suggested for cold or wet weather rides:

- *Knit hat for under helmet*
- *Long sleeve jersey or arm warmers*
- *Warm tights or leg warmers*
- *Long-fingered gloves*
- *Shoe covers*
- *Windbreaker, vest or rain jacket*