



CYCLING CHECKLIST

Bike essentials

- Ensure you have fully charged lights front and rear plus spares regardless of time of day or whether
- On-bike and helmet cameras are highly recommended. If you do have them ensure they are also fully charged and on from the moment you begin your journey. Keep spare batteries if possible.
- Check your brakes and tyres. Also, check cleats particularly for stones and loose screws, which can prevent you from unclipping.
- Ensure you have a toolkit and appropriate spares including at the very least a pump, a toolkit and spare inner tubes.
- Ensure that your bike computer is fully charged.
- Download the route map GPS file and check over the route prior to the ride
- Use location sharing where appropriate or necessary via eg. WhatsApp, making sure we choose to share for the appropriate amount of time for security.
- Make sure your bike is fully serviced at least annually.

Personal safety

- **Defensive riding mindset** is critically important whenever we ride. Expect that other road users have not seen or noticed you and might not always follow the rules of the road.
- Follow the Golden Rules at all times (whether riding with the group or not).
- Ride regularly to stay fit and gauge your personal ability, limits and fitness level.
- Update emergency contact details with the membership group
- Maximise visibility with clothing at least and also with high viz accessories wherever possible.
- Never risk riding whilst injured, ill or if you are experiencing any visual impairment (eg. misty/wet cycling glasses) and ensure that you always wear your prescription lenses if needed.
- Carry regular medication with you on all rides (eg. asthma pumps, hay fever medications, pain relief...)

Personal cover

- Are you insured for accidents?
- Does your cover include personal injury including extras such as dental cover?
- Have you checked that your home insurance covers your bike, personal injury, or legal expenses ?
- Does your insurance cover level costs?