



## Pack the essentials

Make sure nothing comes in the way of you and your ride by packing all the cycling essentials. Remember to pack lightly for longer rides but be prepared for all situations. We recommend at least the following:



Toolkit - inner tubes, pump, tyre levers, chain links and a multi-tool



Lights and high-visibility clothing (if riding in the evening)



Plenty of water and healthy snacks for an energy boost



GPS device or another reliable way of navigating, such as a map



Weather appropriate clothing



Remember to tell someone where you're going and what time roughly you will be back