

B E P R E P A R E D

The more you ride the more chance there will be that a mechanical or safety problem will occur when you are on the road. Even if you are going out for a 1-2 hour ride in the local area, any number of problems can arise. If you are properly prepared, they can be taken care of in a short amount of time. Minor irritations like a loose cleat or saddle are a simple fix. A simple twist of a wrench can fix them but it could be a miserable, costly and unsafe ride home without the wrench. For more serious items like a flat tire or broken spoke, it could be a long walk home. Being prepared to handle problems will depend a lot on what you carry with you on your bike. Carrying the tools but not understanding how to use them, well, hopefully you don't ride alone.

My suggestion:

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- P** **phone** - 'cell phone, that is' (program your own emergency contact number into your phone and name it **ICE**, known to emergency responders as **In Case of Emergency**)
- R** **Repair Tools** – hex wrenches, screwdriver, spoke wrench are all good and there is a wide selection of handy multi-task tools that include all of these in one piece.
- E** **Extra clothing**, possibly a wind proof jacket or tights, depending on weather
- P** **Patch kit** and other tools to repair a flat including tire irons and a tube
- A** **Air Source** – frame pump- a CO2 cartridge/pump is a handy alternative but may be good for only one use.
- R** **Re-hydrate** - Water or depending on the length of the ride an energy drink
- E** **Energy food** or energy bar, if you expect to ride more than 1-2 hours
- D** **Driver's license** or ID, insurance card or laminated card with basic information

Extras: personally, I always carry a few extra dollars, a credit card and the phone number for my favorite cab service is programmed into my cell phone.

This may sound like a lot of "stuff" but other than extra clothing, all of the items can fit in a pack that will fit under your saddle, attached to the seat tube.