

Ultimate 7 Cities Century Prep Checklist



First time riding or just need a refresher on what to bring and how to prepare? Our gear list can help keep you from forgetting anything important. Not all cyclists will carry or pack every item but this may help take some of the guesswork out of prepping for the ride.

The Two Essentials

- ✓ Bike (in good working order)
- ✓ Helmet (properly fitting)

Core Gear

- ✓ Cycling gloves, shirts/jerseys, shorts, socks, shoes
- ✓ Eye protection (sunglasses, clear lenses)
- ✓ Water (hydration pack; water bottles)
- ✓ Front headlight and rear taillight
- ✓ Bike mirror
- ✓ Route maps
- ✓ Fully charged cell phone
- ✓ Medical info/emergency contact card
- ✓ Any prescription medications that are taken in an emergency health situation (inhalers, etc.)

Core Bike Repair Items

- ✓ Spare tube or tubes (and/or patch kit)
- ✓ Mini tire pump or CO₂ cartridge
- ✓ Tire levers
- ✓ Cycling multi-tool with Allen wrenches

Camping/Sleeping Items

- ✓ Pillow
- ✓ Sleeping bag/blanket
- ✓ Tent
- ✓ Air mattress and pump
- ✓ Alarm clock
- ✓ Toiletries and towel
- ✓ Post ride and sleep clothing
- ✓ Eye mask and/or ear plugs
- ✓ Flashlight/headlamp

Comfort and Convenience

- ✓ Bug spray
- ✓ Sunscreen
- ✓ First-aid kit

- ✓ Saddle (underseat) bag
- ✓ Watch or cycling computer
- ✓ Cash and/or credit card
- ✓ Insurance card
- ✓ Anti-inflammatory medication
- ✓ Extra contacts, solution and/or eye glasses
- ✓ Wet wipes
- ✓ Lip balm with UV protection
- ✓ Camera
- ✓ Chain lube
- ✓ Chamois cream
- ✓ Flip flops/sandals
- ✓ Rain jacket
- ✓ Extra plastic and ziploc bags
- ✓ Bike speaker
- ✓ Cell phone/portable device power bank
- ✓ Cell phone/tablet wall charger
- ✓ Extra snacks/energy food
- ✓ Kleenix
- ✓ Helmet rain cover

Add Your Own Personal Extras

- _____
- _____
- _____
- _____
- _____
- _____

Bike Maintenance Prep: Pre-ride Inspection

- ✓ Tire pressure and condition
- ✓ Brake check
- ✓ Front/rear wheel quick releases secured
- ✓ Bolt tightness throughout
- ✓ Seat and handlebar height
- ✓ Head light and rear taillight check
- ✓ Lubrication check
- ✓ Reflectors and mirrors in place

**Don't forget to review our *Rules of the Road* online at:
7citiescentury.com/rules-of-the-road**

Find more ride information online at 7citiescentury.com/ride-details--faq

See you soon!