

## WHAT TO CARRY ON A RIDE

Items you need to take on every ride.

- Pump / Gas canister
- Spare Innertube that must be compatible with your tyre size & depth of rims (take 2 if you have space)
- Tyre levers
- Multitool
- Water 'Addition of electrolytes will regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue'
- Food (any mixture of ingredients such as whole grains, dried fruits and nuts are great either as a mix or protein bar. Bananas and nut butters are another great source of energy)
- Lights for night riding, also required in low visibility conditions such as fog

Extra Items you could take on a ride.

- Quick release chain link that must be compatible with your size of chain
- Self-adhesive innertube patches
- Map / GPS device
- Mobile phone
- Card & cash (notes are good for lining a split tyre)
- ID (in the form of a bracelet or dog tag, especially if you have a medical condition)
- Several small Elastoplast
- A few wet wipes
- Surgical gloves
- Suncream

Items recommended to wear on every ride.

- Helmet (mandatory on club rides)
- Sunglasses / glasses (not just for the sun but for protection from dust, projectiles etc)
- Gloves (often have gel padding which will help dampen road vibrations)
- Appropriate clothing for the temperature & conditions of the day
- Suitable footwear (be careful of laces getting caught in chain rings)
- Waterproof / Gilet (both can be carried and used for layering if chilly or for stops)
- Overshoes / toe covers when it's cold
- Arm & leg warmers offer choices as can be taken off and stored in a pocket

Tips

- Set ICE (In Case of Emergency Contact) on your mobile phone. Most modern mobiles will let you set a contact on your lock screen, so anyone can access it. You can generally download an app which will let you add extra info such as medical conditions and allergies etc.
- If possible let someone know where you are going and roughly what time you will be back, also try to let them know if you are going to be longer than anticipated.
- Put sun cream on exposed skin even if it's not that sunny. (To a lesser extent, UV radiation will penetrate air pollution, clouds, and overcast conditions)

- Try and eat every half an hour whilst cycling, just a mouthful of an energy bar for example.
- After a ride drink a glass of milk or recovery protein shake, helps remove lactic acid from legs. Must be consumed within half an hour of getting off the bike for maximum efficiency.
- Clothing, avoid true cotton as it absorbs sweat and doesn't wick leaving you cold when stopping.
- A good base layer whether it be a vest, t-shirt or long sleeves is essential all year round. Base layers can be bought for wearing on hot and cold days and everything in between, they keep you cool, warm, wick sweat, block UV rays etc.
- Padded shorts or leggings, ladies we do not wear knickers underneath. The pad / chamois is designed to be next to skin.
- Chamois cream is preferred by many although you may have to try a few to find the best one that suits your needs. 'Chamois Creme is formulated to reduce friction, inflammation and discomfort. Applied to the skin, it gives a soothing, cooling effect and applied to the shorts it helps maintain suppleness, elasticity and freshness.'