

Ride to School Checklist

Note: This list is intentionally extensive. Not every commuter will bring every item on every ride.

Step 1: The Two Essentials

- Bike
- Helmet

Step 2: Primary options

(Base choices on individual needs and preferences)

Key transit items

- Water (in bottles or hydration pack)
- Eye protection (sunglasses or clear lenses)
- Street map
- Lock
- Medical info/emergency contact card
- First aid items

Core bike repair items

- Spare tube or tubes (and/or patch kit)
- Pump or CO2 inflator (with cartridge)
- Tire levers
- Multi Tool
- Saddlebag to hold tools and spare tubes etc.
- Bell
- Mirror
- Headlight
- Taillight with blinking option

Storage/equipment options

- Backpack, hydration pack or messenger (sling) bag
- Handlebar bag
- Cargo rack
- Panniers
- Fenders
- Rack straps or bungee cords

Clothing options for variable weather

- Rainwear or stowaway windbreaker
- Insulation layer for cool air
- Leg bands
- Shoe covers
- Visibility vest
- Gloves
- Cycling socks
- Skullcap or headband
- Padded shorts or tights
- Wicking jersey or top
- Gloves Cycling socks
- Skullcap or headband

Personal

- Chamois cream/skin lotion
- Sunscreen

Step 3: Post-ride items

(Carry with you, or store in advance at destination)

- Change of clothing
- Off-bike footwear options
- Toiletry kit
- Towel/washcloth
- Small, quick-dry towel (for cleanups)
- Baby wipes (popular for cleanups)

Step 4: Other possibilities

- First-aid items
- Lip balm
- Cell phone
- Cash/credit card/ID
- Energy food/gels/drinks
- Strips of duct tape (for repairs)