

# London2Bournemouth Cycle

## Recommended kit list.

- Map of the route provided by the organisers.
- Medical form with address
- Water container and energy drinks.
- Energy food (nuts, fruit, chocolate and energy bars).
- Well broken in pair of cycling trainers.
- Sun cream and sun glasses.
- Cycle helmet.
- Tyre repair kit and pump
- Cycle shorts and Vaseline.
- Basic first-aid kit.
- Mobile phone.
- Water-proof Mac
- Warm Clothing

## Cycle Safety Check

- Front tyre Good tread; no splits, cracks or holes, properly inflated; valve straight
- Front wheel True: no broken/missing spokes; good rim
- Front hub No wobble; turns smoothly; wheel securely fixed
- Front mudguard Firmly fixed; no sharp mudguard stays
- Front brake Blocks Correctly fitted and aligned; not worn away
- Front brake/ straddle cable Firmly fixed, correctly adjusted, cable not frayed
- Front brake Lever Comfortable position; firmly fixed; no excessive travel; cable not frayed
- Headset/steering No wobble, correctly adjusted

- Handlebars Firmly fixed; ends protected
- Front forks Appear true and undamaged
- Frame Appears true and undamaged
- Rear brake lever Comfortable position; firmly fixed, no excessive travel; cable not frayed
- Rear brake/straddle cable Firmly fixed, correctly adjusted, cable not frayed
- Rear brake blocks Correctly fitted and aligned; not worn away
- Rear mudguard Safely fixed; no sharp mudguard stays
- Rear tyre Good tread; no splits, cracks or holes, properly inflated; valve straight
- Rear Wheel True: no broken/missing spokes; good rim
- Rear hub No wobble; turns smoothly; wheel securely fixed
- Bottom bracket No wobble; turns smoothly; lock rings tight (if present); sufficiently lubricated
- Pedal cranks Straight; firmly fixed
- Pedals Complete; turning freely; not bent, firmly fixed
- Chainwheel Not bent; teeth not worn
- Chainguard (if fitted) Firmly fixed; not bent
- Chain Not too worn; not slack; not rusty; lubricated properly
- Gears Properly adjusted; lubricated sufficiently
- Saddle Firmly fixed; correctly adjusted; correct height
- Seat post Firmly fixed; free from dents; lubricated sufficiently
- Rack/carrier/panniers Firmly fixed and secured; do not rub on wheel or riders foot
- Front lamp (if fitted) White; firmly fixed; correct height; produces good light
- Rear lamp (if fitted) Red; firmly fixed; visible to rear; produces good light
- Reflectors Clean and secure; - rear red reflector must be fitted
- Cables All cables correctly adjusted; not frayed , end stops fitted