

Cycling Gear Checklist

Essentials:

Helmet
Bike(Road, Mountain, Hybrid, etc.)
Tuned by Professional (for safety)
Properly Inflated Tires
Sunscreen

Accessories:

Sunglasses
Clipless Pedals
Cycling Shoes
or Clip Pedals
Seatbag
Water Bottle Cage & Water
or Hydration System
Padded Cycling Shorts
Cycling Jersey or Synthetic shirt
Cycling Gloves
Tail Light / Headlight/ Headlamp
Rack (Touring)
Lightweight Rain Jacket/Pants
Energy Food
First Aid Kit/Emergency Kit
Upgrade Seat

Tools/Repair:

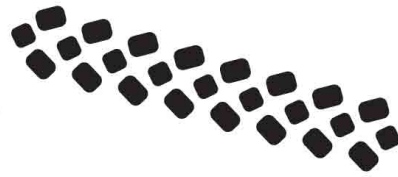
Multi-Tool
Tire Levers
Patch Kit
Spare Tubes
Frame Pump/CO₂ Inflator
Spare Chain Pins
Chain Lube
Presta Valve Adapter
Degreaser (for Chain)

Transportation:

Yakima Roof Rack System

Winter Cycling:

Long Sleeve Jersey
Tights
Toe Covers
Booties
Full Finger Gloves
Glove Liners
Ear Band
Skull Cap
Balaclava
Arm Warmers
Knee Warmers
Leg Warmers
Vest
Wool



Call or visit our **Bike Shop** located in our Kirkwood Store! Give us a call to discuss our services and schedule your appointment today!
314-962-7715

Package Services Available:

Basic 8 Point Tune
Alpine Velocity Tune
Alpine Full Overall

Individual Services Available:

Fork Install
Brake Adjustment
Derailleur Adjustment
Chain Replacement
Tire/Tube Change

