

Bicycling Equipment List

- Before arriving for the ride, make sure your bike is in good operating condition and tires properly inflated.
- Helmets are required on all ADK bike rides.
- Bright clothing for visibility.
- Water
- Cell phone
- Snack food
- Bike lock
- Reflectors and running lights if the ride will be in the late afternoon or at dusk.
- A spare inner tube is a must even if you don't know how to change a flat. As long as you have a spare a tube someone can help you change. To change a tube the wheel must be removed. Most bike wheels are attached to the frame with a quick release skewer but some are attached with nuts. If one or both of your bike wheels is attached with nuts, it is highly recommended that you carry a wrench that fits because it is unlikely other riders will have one and a tube can't be changed without removing the wheel. A small air pump that fits on the bike frame or a CO₂ cartridge inflator is also a good idea.
- A small first aid kit with gauze pads, Band-Aids, tape, antiseptic and antiseptic wipes, aspirin, and sunscreen
- If the ride is in Canada, appropriate forms of identification for the boarder crossing.