



# Bike Commuting CHECKLIST

**Environmentally friendly, good for your health, saves you money...  
There's a lot to be said for biking to work.**

## Practicalities

- Know the rules of biking on the road. If you don't, learn them quick!
- Appraise your fitness level. A 10-mile ride to work when unfit will have a dramatic impact on your day. Consider shorter rides to build up your fitness levels.
- Learn how to mend a tire puncture and do minor bike repairs.
- Have a professional conduct a safety check and tune up on your bike.

## Essentials

- Your bike
- A quality helmet
- Bike lights
- Wet weather gear
- Gloves
- Eye protection/sun glasses
- Bike shorts for longer distances
- Back pack
- Reflective and high visibility safety clothing
- First aid kit
- Bike repair kit: patch kit, pump (or CO2 inflator), multi-tool, spare tube
- Emergency contact information
- Bike lock
- Cell phone

## Non-essentials (nice-to-haves)

- Head mounted flashlight
- Panniers, saddle bag
- Bike bell
- Cellphone mount
- Hat/buff/beanie
- Sunscreen and lip balm

## What to keep at work

- Your work clothes (or carry them rolled up in your backpack)
- Toiletries, wet wipes, towel, and a washcloth
- Hairdryer
- Work shoes

## Daily routine

- Do a basic bike safety check (tires, brakes, gears, chain, lights etc.)
- Double check you have everything on the essentials list
- Fill your water bottle
- Pack snacks to replenish your energy



**Bike Clark County**  
Education. Advocacy. Adventure.



C-TRAN Bike Rack Video



Clark County Bicycle Map



Five tips for safe commuting