



Everyday Cyclist Starter

Ready to ride

General information only.

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Pre-ride check

Thirty seconds before every ride.

ABC and more	OK
☐ Air: tires firm, at the pressure on the sidewall	
☐ Brakes: both stop the bike firmly	
☐ Chain: clean, oiled, runs smoothly	
☐ Quick releases and bolts tight	
☐ Lights charged and working	
☐ Helmet on and buckled	

Gear list

Start with the must-haves.

Must-haves	Nice to have
• Helmet that fits • Front and rear lights • Lock • Bell • Spare tube and levers • Small pump	• Rack and panniers • Fenders • Rain jacket • Gloves • Reflective bands • Water bottle

Route planner

Quieter streets and paths, tried on a weekend first.

Trip	Route and streets	Miles	Tried?
Work or school			☐
Groceries			☐
Library			☐
Friends			☐
			☐
			☐
			☐
			☐
			☐

Miles and notes.

[illegible]

Maintenance schedule

A simple rhythm. A shop can help with anything you're unsure about.

Task	How often	Last done
ABC check	Every ride	
Wipe and lube chain	Every few weeks	
Check brake pads	Monthly	
Check tires for wear and cuts	Monthly	
Tighten bolts	Monthly	
Clean the bike	Monthly	
Shop tune-up	Once a year	

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