



BCC Data Sheet – 1.

Date – 15/08/2018.

Issue – 1.

Essential Stuff to carry on your ride.

Bridgnorth Cycling Club is an affiliated member of British Cycling and we make no apologies for stating that – **No Helmet – No Ride.**

You may think your head is harder than tarmac, pavements, trees, lorry mirrors etc, but we ~~think~~ know that James Cracknell will tell you different...

With the 3 rear pockets in your BCC jersey and a small under seat saddlebag you will have plenty of room to carry (hopefully) everything you need to fix punctures, sort out minor mechanicals, fuel your ride, stay warm and, in the event of an unfixable problem or an accident, the means to get home or to make sure your emergency contacts are informed as soon as possible. We suggest that you don't leave home without these essentials.

Inner tubes and patches

Always carry at least one spare tube that you can swap in. You can patch a punctured tube once you're home. Make sure that the valve length is correct for the rims you're riding and the tube is the correct width for your tyres. It's still a good idea to carry some self-adhesive patches as well, just in case you have an especially puncture ridden ride. You could also put in some cleaned and folded up old toothpaste tube as this is great as a get you home for a badly gashed tyre, I have read of riders using the new £5 notes as well.

Tyre levers

A pair of plastic tyre levers make getting a tight tyre off the rim to fix a flat easier. Look for ones that are stiff, hook onto the spokes and that clip together. **Avoid metal ones as they can easily damage your rims.** Be careful if you use the levers to put the tyre back on as you can easily damage the new tube. It's better to learn the correct technique of working the tyre bead back onto the rim and not have to resort to the levers though.

Pump/ CO2 cannister

Mini-pumps might conveniently slip into your jersey pocket, but they can be far from effective when it comes to pumping a road tyre up to the required pressure. Mini-pumps that also accommodate a CO2 canister are compact, gives you instant inflation to rideable pressure, allow you to top up the tyre manually and, if you should use up all your canisters dealing with multiple punctures, you've still got the pump as a standby.

Multitool

A multitool should have a range of Allen keys, Screwdriver and Torx heads that will allow you to adjust all the important bolts on your bike. Your handlebars, stem and seat post clamps are just an example of the items for tweaking. A multi-tool should also have a chain tool on it in case you break your chain.

Quick release chain link

Multitool chain tools are fine for removing links from broken chains but tend to be slightly hit or miss for re-joining them. A quick release chain link provides an easy solution. Check you have the correct model for your width of chain and try the release mechanism at home first as they can be a little fiddly.

Mobile phone

For calling for help if you get lost or stuck and, more importantly, in the case of an accident, one of the first places emergency workers will look. It should be fully charged when you set out and protected from the elements. Have an I.C.E (in case of emergencies) number stored in the contacts and ensure that any security locks are switched off. Be aware if you're using the GPS on your phone, this will drain the battery very fast.

Card & Cash

Not just for the café stop but for a can of coke to get you through that last 10 miles or as a last resort option for getting you home. A card allows you to get some hot food at a pub or café and wait for your requested lift home.

ID

You could wear an ID bracelet or dog-tag to identify you and to let emergency services get in touch with your family or friends if you're involved in an accident. As well as the names and numbers of your emergency contacts you should also include any important medical information such as allergies or known conditions. As an alternative a card showing emergency numbers, blood group and of course your name in your phone pouch is sufficient.

Food

Make sure you have enough food to fuel your ride or, if you're on a long ride or doing a sportive where you'll need more food than you can carry, enough food to see you to your first planned refuelling stop, cafe or feed station. Even if you're just out for a short session, it's advisable to have a gel and an energy bar in your pocket just in case you've misjudged the route length, have a mechanical problem that takes a long time to fix or haven't taken in enough food to fuel you properly before the ride.

Gilet / waterproof

Modern gilets and jackets fold down easily small enough to fit in a jersey pocket and even on scorching summer days may still be a good idea to have with you. It's easy to get chilled when stopping to fix a flat on hilly or mountainous rides, or on long descents.

Map

In these times of pre-plotted GPS routes and turn-by-turn navigation prompts it's easy to ride blind with no real idea of where you are. Batteries can run down and devices fail so it still pays to carry a paper map if you're in an area you don't know. One option is to rip out the relevant page from a road atlas, stick it in a zip-lock bag with your cash and card and it'll provide you with enough information to work out where you are and where to go.

For further information on what to pack for a ride GCN (Global Cycling Network) has an excellent video which is very informative. www.globalcyclingnetwork.com