

# **Bike To Work Day Checklist**

<http://commutebybike.com>

## **Check the weather forecast**

### **Check the Bike**

- Tires inflated
- Saddle adjusted
- Brakes adjusted and operating
- Gears adjusted
- Chain lubricated
- Lights work, batteries charged
- Flat repair—spare tube and/or patch kit; tire levers; pump or CO2

### **Check Your Clothing**

- Under five miles or so, nothing special is really needed
- For longer distances, bike shorts are nice to have
- Rain gear if necessary
- Safety gear: gloves, eye protection, helmet, knee pads, elbow pads, etc.

### **Check Your Backpack (or some other way to carry “stuff”)**

- Bike lock
- Cash for emergency public transportation fare
- Transit passes
- Clothing & shoes for the office
- Personal hygiene items
  - Towel & washcloth
  - Soap
  - Shampoo
  - Hair care items
  - Deodorant
- Lunch
- Wallet
- Office badge and keys
- House keys
- Cell phone, camera, etc.

