

Bike Preparation Checklist

It's Not About the Bike (but having a nice one does help)

We are keen that you have a safe and enjoyable trip. An integral part of this is having a safe and reliable bike. If you are bringing your own bike, we recommend that you have your bike tuned up before traveling. This tune-up might include:

- Check and, if necessary, replace worn tires
- Are the wheels running true? Are any spokes bent or broken?
- Clean & lube chain
- Clean chain-ring, cassette and Deraillleur
- Are your gears shifting smoothly? Adjust as necessary or replace worn chain and cassette
- Check, lube and, if necessary, replacing cables
- Check brake pad wear and adjustment of brakes
- Is your odometer working?
- Check the headset – with front brakes on, rock bike gently; if you detect movement or noise, the headset may need adjusting
- Check hubs and bottom bracket are running smoothly and not loose
- Generally check bike over for loose or worn parts
- If something on your bike's set-up has been bothering you, your trip is a great excuse for sorting it out. Examples might be, seat height, cleat position and handlebar height.