

CHECKLIST

- YOUR BIKE
- HELMET
- GLOVES, KNEEPADS, OTHER BODY ARMOUR
- BASIC BIKE TOOLS (PUMP, SPARE TUBES, CHAIN LINKS, ETC)
- SNACKS, WATER
- EXTRA LAYERS OF CLOTHES
- SUNSCREEN
- SWIMMING GEAR (OPTIONAL)
- PHONE FULLY CHARGED IN CASE OF EMERGENCY
- BASIC FIRST AID KIT

DIRECTIONS

