

## **ESSENTIALS - ALWAYS TAKE ON ALL RIDES**

Pump (ideally a universal Presta / Schrader)	<ul style="list-style-type: none"> <li>● Puncture repair</li> <li>● Periodic top-up of pressure</li> </ul>
Spare inner tube of correct size	<ul style="list-style-type: none"> <li>● Quick road-side puncture repair (keep the punctured tube and repair it later)</li> <li>● Puncture repair where old inner tube is beyond repair, e.g. broken valve</li> </ul>
Puncture repair kit, incl. spanner for wheel nuts if required	<ul style="list-style-type: none"> <li>● Puncture repairs where spare inner tube is not available or has already been used</li> </ul>
Tyre levers	<ul style="list-style-type: none"> <li>● Removal (but not replacement!) of tyre</li> </ul>

## **CYCLE TOURING (IN ADDITION TO THE ABOVE)**

Zip ties (cable ties) of assorted sizes	<ul style="list-style-type: none"> <li>● Emergency road-side repair of pannier racks, mudguards, bags, anything that needs tying together temporarily</li> </ul>
Small bottle of oil	<ul style="list-style-type: none"> <li>● Periodic chain lubrication</li> </ul>
Small rag	<ul style="list-style-type: none"> <li>● Chain cleaning</li> </ul>
Allen keys	<ul style="list-style-type: none"> <li>● Adjustments and repairs</li> </ul>
Screwdrivers	<ul style="list-style-type: none"> <li>● Adjustment of derailleurs and brakes</li> </ul>
Chain tool	<ul style="list-style-type: none"> <li>● Repair of broken chain</li> </ul>
Spoke key	<ul style="list-style-type: none"> <li>● Re-truing of wheels</li> <li>● Temporary repair or buckled wheels</li> </ul>
<p><i>A good multi-tool will combine all of the above four items - e.g. the Topeak Hexus 16 does, as well as having built-in tyre levers - <a href="http://www.topeak.com/products/Tools/hexus2">www.topeak.com/products/Tools/hexus2</a></i></p>	
Adjustable spanner or dumbbell-type multi-spanner (normally only for older bikes)	<ul style="list-style-type: none"> <li>● Wheel nuts (normally 15mm, but sometimes 13, 14 or 16mm – check your bike)</li> <li>● Adjustment of brakes and gears (9mm, 10mm)</li> </ul>

# 0117 329 7363

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## **OFF-ROAD OR REMOTE CYCLE HOLIDAY (IN ADDITION TO THE ABOVE)**

Two or three M5 allen bolts (maybe 12mm - 16mm lengths) with washers and nyloc nuts	<ul style="list-style-type: none"> <li>● Reattachment or repair of mudguards, luggage racks etc.</li> </ul>
One M6 x 40mm bolt, nut and washer	<ul style="list-style-type: none"> <li>● Replacement of broken seat post clamp bolt</li> <li>● Replacement of broken stem bolt</li> <li>● Emergency replacement of seat post saddle bolt</li> </ul>
Sticky tape, e.g. PVC insulation tape	<ul style="list-style-type: none"> <li>● Temporary repair of cables, luggage</li> </ul>
A small strip of strong but flexible plastic, e.g. a section of old toothpaste tube or milk carton	<ul style="list-style-type: none"> <li>● Temporary use inside a split or ripped tyre to prevent the inner tube from bulging out</li> </ul>
Spare spokes of correct length(s) + nipples	<ul style="list-style-type: none"> <li>● Replacement of broken spokes</li> <li>● Use on camp fire as barbecue skewers</li> </ul>
Compact cassette or freewheel removal tool of correct type	<ul style="list-style-type: none"> <li>● Removal of cassette or freewheel to enable replacement of drive-side spoke</li> </ul>
Gear cable (inner), pre-cut and soldered	<ul style="list-style-type: none"> <li>● Replacement of broken gear cable</li> </ul>
Brake cable (inner and outer set) with ferrules, pre-cut and soldered	<ul style="list-style-type: none"> <li>● Replacement of broken brake cable</li> <li>● Emergency use as outer gear cable</li> </ul>
Chain link (tool-free type), e.g. SRAM, KMC Missing Link	<ul style="list-style-type: none"> <li>● Easy replacement of damaged chain link</li> </ul>
Spare brake blocks or pads	<ul style="list-style-type: none"> <li>● Replacement of worn or damaged brake blocks</li> </ul>
First aid kit	<ul style="list-style-type: none"> <li>● Emergency repair of rider!</li> </ul>

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