

ESSENTIALS - ALWAYS TAKE ON ALL RIDES

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

CYCLE TOURING (IN ADDITION TO THE ABOVE)

Zip ties (cable ties) of assorted sizes	<ul style="list-style-type: none"> ● Emergency road-side repair of pannier racks, mudguards, bags, anything that needs tying together temporarily
Small bottle of oil	<ul style="list-style-type: none"> ● Periodic chain lubrication
Small rag	<ul style="list-style-type: none"> ● Chain cleaning
Allen keys	<ul style="list-style-type: none"> ● Adjustments and repairs
Screwdrivers	<ul style="list-style-type: none"> ● Adjustment of derailleurs and brakes
Chain tool	<ul style="list-style-type: none"> ● Repair of broken chain
Spoke key	<ul style="list-style-type: none"> ● Re-truing of wheels ● Temporary repair or buckled wheels
<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 - www.topeak.com/products/Tools/hexus2</i></p>	
Adjustable spanner or dumbbell-type multi-spanner (normally only for older bikes)	<ul style="list-style-type: none"> ● Wheel nuts (normally 15mm, but sometimes 13, 14 or 16mm – check your bike) ● Adjustment of brakes and gears (9mm, 10mm)

07920 095 198

page 1

Hamilton House, 80 Stokes Croft (back door via City Road), Bristol BS1 3QY

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

07920 095 198

page 2

Hamilton House, 80 Stokes Croft (back door via City Road), Bristol BS1 3QY