



What to take on the day of the cycle

Item

- | | |
|---------------------------------|-------------------------------------|
| Helmet | <input checked="" type="checkbox"/> |
| Sunglasses | <input type="checkbox"/> |
| Bicycle pump | <input type="checkbox"/> |
| Puncture repair kit | <input type="checkbox"/> |
| Mobile phone | <input type="checkbox"/> |
| Water bottles or hydration pack | <input type="checkbox"/> |
| Money | <input type="checkbox"/> |
| Waterproof | <input type="checkbox"/> |
| Spare inner-tube | <input type="checkbox"/> |
| Suncream | <input type="checkbox"/> |

If you have not had your bike serviced for a long time it might be worth having this done before a long cycle.