
RIDE EQUIPMENT CHECKLIST

Whether you use a bike shop or take care of your bike yourself, consider replacing these items:
Tires and tubes.
Chain (if there are more than 1,500 miles [2,400 km] on it).
Cassette or freewheel (if worn or with every third new chain).
Computer batteries (if more than a year old) and clean contacts with fine sand paper.
Cables (shift and brake).
Brake shoes.
Handlebar tape.
Also check these items:
Seat pack for wear.
Tubes, patches and fresh glue, and pump or CO2 cartridges.
Bladder, bottles, and flasks for leaks. To check a bladder close it, blow air into it, and squeeze it near your ear listening for leaks. Similarly, close a bottle or flask and squeeze it listening for leaks.
Bottles, bladder, and flasks for cleanliness. A moldy or dirty bladder, bottle, or flask can make you sick, so clean or replace it.
Cleats for tightness and wear.
Clothing clean and in good repair.