

## **REPAIR ITEMS TO CARRY WHEN CYCLING**

- 1 = Spare tubes** (At least one and for long rides possibly two)
- 2 = Puncture repair kit** (If your really unlucky!!)
- 3 = Tyre levers**
- 4 = Pump** (You wouldn't believe how many people carry tubes/repair kits but no pump!)
- 5 = Piece of old tyre** (In case you get a blow-out)
- 6 = Folding tyre** (From experience a good idea, especially on sportive's/long rides. Only needs one of you to carry it)
- 7 = Multi-tool/Allen keys/Spoke key**
- 8 = Chain repair tool** (If in a group a good idea at least one of you carries a chain tool. Some multi-tools incorporate one)
- 9 = Spare chain links/quick link** (Useful if your chain brakes and you need to repair/replace a link)
- 10 = Gear/brake inners** (Again from experience a good idea. Take hardly any room and easy to replace if needed)
- 11 = Spokes/Spoke nipples** (The spokes are more for people with specialist wheels that don't have normal round spokes. If you're fifty miles from home and pop one and the nearest shop doesn't keep that particular spoke you're stuck. I've seen people carry them under their crossbar/down tube in an old piece of inner tube. Spoke nipples sometimes break, so being small and easy to change worth keeping a couple.
- 12 = Mobile phone** (Probably the most important item)

These are just the basic items to help you keep on the move. Apart from the spokes and tyre this all fits into a seat pack/tri pack. If I carry a folding tyre I just tape it to the back of my seat post. I sometimes carry wipes to clean hands. Anything more serious, that's where the mobile phone and really good partners/friends come in handy!!