

## **HSCP Cycle Rides: what to bring**

### **Required:**

bicycle in good repair, obviously! (see below)  
cycle helmet  
full bottle/bidon of water or other hydrating fluid  
mobile phone, with battery well charged  
puncture prep (see below)

### **Recommended:**

rear light, with battery well charged  
eye protection  
sunblock (if weather-applicable)  
pack-down waterproofs (if weather-applicable)  
rucksack rain cover (if weather-applicable)  
pocket tissues  
cash/plastic for coffee stop  
hat/cap for coffee stop (if weather-applicable)  
small plastic sheet for sitting on grass or wet bench  
small snack for sugar-lows  
lip balm (as needed)  
pain relief tablets (as needed)  
anti-inflammatories (as needed)  
anti-histamines (as needed)

### **Not required** (but not banned!):

front light  
tyre pump  
tyre levers  
cycle tools  
cycle lock  
first-aid kit

If you're driving to/from the start point of a ride, then you don't need the pump and levers and tools, because the group leader carries these anyway, to serve everyone. However, if you're cycling yourself to/from the start point, then yes, you'll likely want your own set! (...and well done, BTW!)

Some will, of course, be in the habit of carrying their own pump and levers and tools regardless—carry on!

### **Puncture prep:**

For standard tyres, bring some or all of the following: two spare inner tubes to suit your tyre size and a puncture repair kit. Inner tubes should be the first line of repair; the puncture repair kit is a fall-back.

For tubeless tyres, bring sealant. Easy!

### **Bicycle “in good repair” means:**

- no visible cracks in frame, forks, headset, stem, handlebar, seat post collar, seat post or saddle rails;
- no play in headset;
- both brakes working fully;
- rear derailleur working across all sprockets and stopped at both ends of the range;
- if applicable, front derailleur working across all chainrings and stopped at both ends of the range;
- no fraying cables nor leaking hydraulics;
- both wheels not noticeably out-of-true nor missing any spokes;
- both tyres in good condition, not over-worn nor having any visible square-on cracks.

Both standard bicycles and e-bikes are welcome.