

HSCP Cycle Rides: what to bring

Required:

- bicycle in good repair, obviously! (see below) Both standard bikes and e-bikes are welcome.
- cycle helmet
- full bottle/bidon of water or other hydrating fluid
- mobile phone, with battery well-charged
- spare inner tubes for your tyres—at least one, but preferably two—or sealant for tubeless tyres, as applicable

Recommended (but not required!):

- rear light, with battery well-charged
- eye protection
- cycle gloves/mitts
- casquette (cycle cap designed for use under the helmet), otherwise a cap or hat for outdoor coffee stop
- sunblock, if weather-applicable
- lip balm
- pocket tissues
- small snack, for sugar-lows
- cash/plastic, for coffee stop
- folded small plastic sheet, for sitting on grass or wet bench
- packed-down carrier bag, for storing rubbish on-the-go
- packed-down waterproofs, if weather-applicable
- packed-down rain cover for rucksack/pannier bags, if weather-applicable
- pain medication, anti-inflammatories, antihistamines, bronchodilators, antihypertensives, etc., as needed

Not required (but not banned!):

- front light (distracting in daylight. In low-level daylight, when riding in a group, rear lights suffice)
- fitted mudguards (usually required by other social cycling groups...but we're more accommodating!)
- cycle tools* (carried by ride leader)
- tyre pump* (carried by ride leader)
- tyre levers* (carried by ride leader)
- puncture repair kit (one of your spare inner tubes will be fitted instead, to save time)
- cycle lock (heavy, and unnecessary, as the ride leader's eyes are on the bikes during coffee stop)
- first-aid kit (carried by lead first-aider)

*If you're cycling yourself to/from the start point, then yes, you'll likely want to carry your own maintenance gubbins! (...and well done, BTW!) Some will be in the habit of carrying their own anyway—carry on!

Bicycle “in good repair” means:

- no visible cracks in frame, forks, headset, stem, handlebar, seat post collar, seat post, saddle rails;
- no play in headset;
- both wheels not significantly out-of-true nor with loose or missing spokes;
- both tyres in good condition, not over-worn nor having any visible square-on cracks;
- both brakes working fully;
- rear derailleur working across all sprockets and properly stopped at both ends of the range;
- if applicable, front derailleur working across all chainrings and properly stopped at both ends of the range;
- no fraying gear cables or brake cables;
- if applicable, no leakages in disc-brake hydraulics;
- if applicable, no unprotected nor unsecured electrical cables for electronic gears, external batteries, computers.