



Preparing for Outdoor Riding

1. **Bike Check** – Make sure your gears are shifting well and that your brakes are functioning.
2. **Decide What to Wear** – Do some other sort of outdoor activity close to biking and see how long it takes you to warm up. Plan your biking apparel accordingly.
3. **Know Your Route** – Plan your route carefully and make sure you either know it or have it mapped to your Garmin.
 - a. Map out where you can stop for a bathroom break and/or refueling, if necessary.
 - b. Instead of a long out and back, consider a shorter route where you can do loops in case you need to cut the ride short for some reason.
4. **Let Someone Know** – Let someone know when you are riding, where you are riding and when you expect to return.
5. **Be Self-Sufficient** – Even if you are riding with a partner or a group, it is important for you to be able to “go it alone” if you had to.
 - a. Carry your own nutrition and fluids
 - b. Bring your own tool bag with a spare tube, tire levers, CO2 and CO2 head (or frame pump) and a multi-tool
 - c. Extra cash (to buy food/fluids or call for a ride home)
 - d. KNOW HOW to change a flat tire!! This is critical for any cyclist. Not sure how to do it? Check out my YouTube video on how to change a flat: [How to Change A Flat Tire on a Bike](#)