

## Sheffield and District CTC Equipment Advice for New Riders

**Your first ride:** You don't need much; other riders will always help if you have a technical problem. The absolutely essential items are a roadworthy bicycle and a full water bottle. But we would **really, really** like you to bring along a spare inner tube, preferably two, of the correct size for your tyres, which makes helping you with a puncture so much simpler. Size? Look on the side of the tyre for figures like 700 x 25C or 26 x 1.5 ins. If this reads like gobbledygook to you, take your bike to the shop for their advice.

You'll need some money for the cafe stop and maybe a small snack in case you get peckish. A mobile phone can be useful in the unlikely event of an emergency.

**Clothing:** You can wear whatever you like but you will be more comfortable in cycling clothes, especially on longer rides. More experienced riders will advise but be prepared for a variety of opinions. It is advisable to have a lightweight waterproof top with you even if we have a dry start. In cold weather gloves are essential.

**Riding more often:** You are encouraged to carry some basic items such as those in the tables below. Even if you have no idea how to use some of them, they can be helpful to a person assisting you, especially if you have become separated from the main group.

### Equipment desirable for most rides

Two spare inner tubes	To suit your tyre size
Tyre levers	
Pump	To fit your valve type
Multi-tool with a selection of Allen keys, spanners and flat and cross head screwdrivers	For minor mechanical adjustments
Phone	Charged!
Money	Also consider credit/debit card
Food and water	Not much. A cereal bar or banana etc.
Packable waterproof top	If it's cold you may already be wearing one
Lights	Essential in darkness but can also help when the weather causes poor visibility

**On longer rides or in changeable weather:** Consider taking some additional food and water and supplementary lightweight clothing.