

Sheffield and District CTC Ride Leader's kit list

The equipment Ride Leaders carry is at their own discretion. The lists below are not prescriptive but do contain suggestions based on long experience. In choosing which items to bring the leader shall consider the type of ride (distance, difficulty, terrain, surfaces, day or night etc.), the participants (fitness, age, experience etc.), the location (remote or near to towns/villages), weather forecast and carrying capacity. A small/medium sized seat pack, two or three pockets and the usual frame fittings are sufficient to carry the entire contents of of the first table and even some items from the other lists, which covers most rides. A supplementary top tube bag or maybe a handlebar bag can be useful for extra items. Panniers are rarely necessary.

All riders should be encouraged to become more self sufficient and to carry some basic items themselves. Equipment advice for new riders can be found under Advice/FAQ.

Equipment desirable for every ride

Two spare inner tubes	For own bike
Tyre levers	
Good pump	
Tyre boot	To patch damaged tyre wall – can use section toothpaste tube
Multi-tool or individual tools	Allen keys 2, 3, 4, 5, 6, 8 8, 10mm spanners Flat and cross head screwdriver Spoke key Chain tool
Phone	Charged!
Money	Also consider credit/debit card
Food and water	Cereal bars etc.
Ride participants form/list	Inc. emergency contact phone numbers
Riding etiquette leaflet for new riders	
Map, route sheet or local knowledge	Plus Garmin if using
Small 1 st aid kit	Sterilised wipe, plaster, bandage
Pen/pencil and paper	E.g. to note down car reg in event of incident. Alternatively use mob. phone

Additional equipment to consider for more challenging rides

Puncture repair kit	
Additional food and water	
Tube	To fit another size tyre
Other spanner sizes	
Spare clothing	
Space blanket	The club will supply you with one
Back-up lights	Tiny/cheap but effective.

Nice to have. E.g. when passing through remote areas or on multi-day trips

Proper chain tool	
Proper spoke key	
Spare folding tyre	
More spare clothing	
Larger first aid kit	
Pliers	
Spares e.g. brake block, chain link, washers, allen key bolts	