



BAYOU CITY
OUTDOORS

#10 ESSENTIALS

Biking

1

HELMET

Your head is very important. Keep it safe with a properly fitted helmet.

2

WATER/ELECTROLYTES

Houston. One big sauna. Stay hydrated by sipping water every 10 mins. If you are riding longer than an hour, bring water with added electrolytes.

3

A GOOD FOOT PUMP

You need to air your tires before every ride. Make it easy with a good foot pump. Don't forget if using a Presta valve open the nut and press down.

4

BIKE BAG

You'll need a simple bag attached to the bottom of your seat to hold your necessary tools and gear. (see #5, #6, #7, #8, #10).

5

MULTITOOL

Carrying a multitool is insurance. You never know what you might need to fix what needs fixing, but it's there for you in a nice little package.

6

SUNSCREEN/SUNGLASSES

Even through the clouds, the sun is harsh in Houston. Keep sunscreen in your bag. Sunglasses help eliminate glare and protect eyes from dirt & debris.

7

CO2 CARTRIDGE & NOZZLE

If you have a flat you will need a way to air your new tube up. Carrying your own cartridge & nozzle makes it easy to fix or for someone to help.

8

SPARE TUBE (IN TALCUM POWDER)

Even if don't know how to change a flat yourself, carry a tube that fits your tire. Good Samaritans abound but you need a tube.

9

BRIGHT COMFORTABLE CLOTHES

If you ride on the road, wear bright clothes. Riding any distance? Get padded shorts. Gloves protect and cushion your hands. Your body will thank you.

10

CASH, COPY OF ID & INSURANCE CARD

Always carry some cash (small bills are good) a copy of your ID and a copy of your insurance card.