

Necessities for a Beginner Cyclist

1. Helmet
2. cycling jersey and shorts
3. standard pump
4. 2 bottle cages
5. 2 water bottles
6. 2 inner tubes
7. saddle bag
8. CO2 Pump and CO2 cartridges
9. gloves
10. flashing tail light
11. patch kit
12. helmet
13. cycling computer
14. tire lever
15. multi-tool
16. Nutrition: energy bars, gels, Pay Day bars, PBJ sandwiches, bananas, nuts, etc.