



## WAM 300

# Bike Equipment Information Sheet

---



### Required Equipment:

- Bicycle: Road or Mountain Bike
  - » Road Bike is recommended, especially for first time WAM riders. Road, touring, hybrids, and recumbent bikes work well on paved roads. Mountain bikes can also be used on paved roads, but they make you work harder to travel at the same speeds.
  - » Make sure that you have a proper fit bike to help create a comfortable ride experience. Your local bicycle shop can offer help when dealing with comfort issues and preparing your bike for the ride. It is recommended that you do not change anything about your bike during your last 200 miles of training.
- Helmet: Wear a properly fitted helmet.
  - » “Tips For Fitting A Bike Helmet” from the League of Michigan Bicyclists
    - △ **Step 1:** Position: The helmet should sit level on the person’s head and low on his/her forehead – one or two finger widths above eyebrow. It should feel snug but not too tight. You should be able to look up with your eyes and see the helmet.
    - △ **Step 2:** Shape Strap Under Ears: Adjust the slider on both straps to form a “V” shape under, and slightly in front of the ears. Lock the slider in place.
    - △ **Step 3:** Chin Strap: Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
- Replace any helmet that is involved in a crash, damaged, or has been outgrown.
- Lights: Equip your bike with a white front headlight and a rear reflector light.
- Bicycle Mirror: Install a mirror on your handlebar, helmet, or glasses to improve awareness.
- Identification and Medical Information: Carry identification and medical information with you at all times on the tour. We recommend having additional copies available with you on the tour.



## WAM 300

# Bike Equipment Information Sheet

---

### Suggested Equipment:

- Simple Tools:
  - » Spare tubes, tire lever, and a patch kit are recommended. Bike mechanics on the tour will also have this equipment available at a cost.
  - » Bike pumps are available in SAG vans, at overnight locations, lunch locations, break stops, and from the bike mechanics.
  - » Bike chain oil is available at lunch locations, break stops, and from the bike mechanics.
- Cell Phone:
  - » Please carry your cell phone with you along the tour, but refrain from using the phone while riding unless it is an emergency situation.
- Reflective Clothing:
  - » You want to be as visible as possible when on the tour.