

# FITaos BIKE CLUB CHECK LIST

## WHAT TO BRING EACH TIME YOU RIDE...

- **bike (in good working order!)**  
unless you are borrowing one of ours
- **helmet**  
unless you are borrowing one of ours
- **gloves**
- **sunglasses** (to keep dirt, sticks, rocks, bugs out of eyes)
- **proper footwear** (stiff soles, laces tied; NO SANDALS)
- **shorts** (or pants that you can roll up)
- **clothing layers for cooler weather**  
(light weight fleece and rain jacket)
- **water** (and a way to carry it with you)
- **food** (or you'll be **really** hungry)
- **extra inner tube** (the right size for your wheels)
- **NO ipods, etc.**
- **great attitude and lots of energy!**