

## Things to carry with you on a Group Ride

**Wear a helmet.** Required of all riders.

**Know the route.** Download the Ride with GPS route to your bike computer or phone. If you have neither of these, a cue sheet can be printed from the Rw/GPS website.

**Carry equipment to repair flats.** Be equipped to repair flats. Carry spare tubes, levers, and a pump or inflator and CO2. Consider other items such as a master link and tools for minor adjustments and repairs.

**Carry your cell phone.** Record your ride leader's cell phone number in case you become separated from the group, or if there is an emergency.

**Carry ID.** One method would be to carry a copy of your driver's license. An expired license in the saddle bag is a good option. If you have special medical needs or allergies to medication, carry a card denoting them. Another option is an ID bracelet. Most cell phones have an emergency info screen, which is helpful. But phones can be damaged or locked out, and the critical information may not be accessible when needed.