

Checklist

Bike equipment to elevate safety

Your gear list for riding with kids

Equipment for your child



Helmet

For maximum protection, the helmet should fit correctly and sit stably



Riding apparel

Choose suitable outdoor-worthy clothing for a safer and more comfortable ride.

- Go for bright colours
- Choose a fit that allows unrestricted freedom of movement
- Remember that tight-fitting > loose
- Make sure the top doesn't obscure the seatpost reflector
- Avoid long laces, loose scarves and the like



Bike gloves

Gloves give better grip on the brakes and handlebars and provide added protection for soft skin.



Shoes

Wear non-slip shoes for maximum grip on the pedals.



Bike equipment

Bike bell

Position the bell within easy reach of your child's thumb.

Lights

Visibility is a really big thing in cycling regardless of where you're going. It's especially important at night, in low light conditions and in poor weather.

- Fit your bike with lights and reflectors as required by law
- Have additional reflective details on your bike, clothing and accessories if possible

Mudguards

Mudguards are a proven way to protect riders and their bikes from dirt, debris and road spray in wet weather.

Bike bottle

Keeping active bodies hydrated is really important while riding and working up a sweat. A bike bottle cage on the frame makes it easy to keep hydration levels topped up since kids can just reach for their bottle whenever they need a drink.

Things to carry

Bike bag

Older kids setting off on their own will no doubt want to pack their own bag so they have their things to hand while riding.

Tools

Those with basic bike knowledge can react to unforeseen situations and stay safe.

- Multi-tool
- Mini pump
- Spare tube or puncture repair kit



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Don't forget

Tissues

First-aid kit with plasters

Mobile phone with a fully charged battery and navigation app

Sun cream with high UV protection

Whether your bikes are back in action after a long period of inactivity or you're getting ready to take them on a big bike trip, you should give them a thorough check or book a full service with a trained bike mechanic.

