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.

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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.

**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

- **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