

Always Have:

ID

medical insurance card

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phone

gloves

helmet

glasses

shoes

repair pack (tubes,CO2,tire levers,multitool)

water bottles

food

Sometimes You Need:

heart monitor

sunscreen

reflective/hi vis

wipes/tissues

aspirin

saline for contacts

drink powder

bike lights (front + rear)

arm/leg coolers/warmers

vest/jacket

maps

camera

head cover

mirror