

<b>Cyclist to bring list on the little legs Ride:</b>	
	<b>Date :</b> Sunday 11 April 2021
	<b>Location :</b> Cooks Co-Op : 2 West Portland Rd Sackville NSW - <a href="https://goo.gl/maps/hJ97Ju3gmpqzJ1R16">https://goo.gl/maps/hJ97Ju3gmpqzJ1R16</a>
	If you have not done so already, each rider must complete the <b>twowheeltours e-waiver</b> and complete our <b>e-form</b>
	Each rider must watch the following link in regards to riding in a bunch: <a href="#">Riding in a Bunch</a> - thank you to Global Cycling Network for the clip
	<b>twowheeltours</b> is looking forward to meeting you soon. If you do have any questions, please contact Will Levy — <a href="mailto:info@twowheeltours.com.au">info@twowheeltours.com.au</a> or call +61 430 121 776
	Bike, cycling socks and shoes, knicks, jersey, helmet, sun glasses, Garmin (or similar), gloves, chamois cream and anything else you cannot live without on the bike
<b>1</b>	Black knicks to go with your little legs cycling jersey - reason for black : it looks so much better for the photos
	Any other weather appropriate cycling clothing - such as:  Arm & leg warmers Long finger gloves Gillet/vest Spray jacket Rain jacket  Please come prepared, it is always better to bring more and have it as backup, always think 'just in case!'  Any extra clothing can be in one of the support vehicles
<b>1</b>	Back pack with your name clearly labelled to store your extra clothing - these will be in a vehicle for the day
<b>2</b>	Tubes (suggest one in your saddle bag and one in your jersey) - please make sure you have the <b>correct</b> valve length
<b>1</b>	CO2 head gadget
<b>1</b>	CO2 canister
<b>1</b>	Tire levers
<b>Suggest</b>	Mini-saddle bag - this should carry your tube, CO2 head gadget, canister and your tire levers
<b>4</b>	Water bottles - Yes <b>FOUR</b> - Please arrive with all <b>FOUR</b> bottles filled and with your name marked on each one : suggest Gaffa or White Electrical Tape with permeant marker. This is due to COVID, it is better to pick up your own bottles, which are already filled, at the Rest Stops
<b>1</b>	Front flasher (fully charged or new batteries)
<b>1</b>	Rear flasher (fully charged or new batteries)
<b>1</b>	Change of clothes for lunch - dress code for lunch, jeans and t-shirt is acceptable
<b>1</b>	Towel to wipe yourself down after the ride
	Toiletries - suggest moisturiser cream and deodorant
	Plastic bags for your wet gear at the end of the ride
<b>There will are two vehicles supporting the ride, inside they will have:</b>	
	Hand sanitiser
	Track pump
	Water
	Sun cream
	First Aid Kit
	Tool Kit
	Spare tires/tubes/CO2 canisters
	Bananas and gels
	Baby wipes
	Your back packs
<b>Cyclist to do list before event</b>	
	Pump up your tires, lube your chain, charge your flashing lights and your Di2/E-Tap batteries, fill your bottles, apply chamois cream and pack your bag with the gear mentioned above.  If you have any doubts about your bike PLEASE get it serviced before the ride.