



Bike Commuting Checklist

Bike Commute – Work – Bike Commute – Sleep - Repeat

Thank you for downloading the True Commuter Bike Commuting Checklist. Below is everything you need to have in place to make your bike commute as smooth and effortless as possible. If you have any feedback for this checklist then please contact us at truecommuter.com.

Before You Bike Commute:

- Take a week's worth of work clothes to work (if possible), including belt, underwear and socks
- Take spare pair of work shoes to work (if possible)
- Take a week's lunches and snacks to work (if possible)
- Take a towel and showering items to work (if possible)

The Night Before Your Bike Commute:

- Check bike tyre pressure and basic mechanical function
- Make sure you have maintenance gear ready, pump, bike lock, spare tube, simple toolkit.
- Lay out your bike clothes and shoes, including helmet and sunglasses
- Hide your cars keys (so you are not tempted to drive, better still get someone else to hide them)
- Put your bike near the front door (if possible). No getting out of this bike commute.
- Pack your spare underwear and clothes (if not already at work)
- Pack your towel and showing items (if not already at work)
- Get clean drinks bottle out and visible
- Put lights on charge, if applicable

The Morning of Your Bike Commute:

- Pack lunch, and any other fridge items (if not already at work) in your bag and put your bag on your back
- Fill drinks bottle and place it in the bottle cage
- Attach lights to bike, check functionality
- Smash your bike commute!!

On Arrival at Work:

- Lock your bike up
- Hang up your cycling clothes to dry (if possible)
- Put lights on charge, if applicable
- Eat something, you will be hungry

Before Leaving Work:

- Attach lights to bike
- Change into riding clothes
- Smash the return ride home