

# CARING FOR YOUR BIKE

# GRAN FONDO PACKING CHECKLIST

SHIMANO

You may be ready to ride, but is your bike?  
Take a minute to read this checklist and start packing!

## ESSENTIAL KIT

- Bike
- Bib shorts
- Base layer
- Jersey
- Eyewear
- Socks
- Sunscreen
- Shoes
- Helmet
- Gloves

## COLD WEATHER KIT (WEATHER DEPENDENT)

- Cold weather base layer
- Gilet
- Cycling cap
- Wind proof jacket
- Water proof jacket
- Leg warmers
- Arm warmers
- Overshoes

## PRE-RACE EQUIPMENT

- Chain lubricant
- Floor pump
- Health insurance card
- Cash
- GPS route download

## ON-THE-BIKE SPARES & TOOLS

- Spare tube
- Mini tool
- Tire lever(s)
- Mini pump/CO<sub>2</sub> regulator
- CO<sub>2</sub> canisters

## ELECTRONICS

- GPS Device
- Heartrate monitor strap
- Charging cables: GPS / Smartphone / Di2
- Water resistant cell phone pouch

## NUTRITION

- Bidons
- Sports drink mix
- Energy bars
- Energy gels

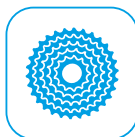
## POST-RACE

- Recovery drink mix
- Casual clothing
- Slippers



### REGULAR MAINTENANCE

Save money and prolong your bike's lifespan with regular maintenance.



### ORIGINAL PARTS

Replacing with Shimano Original Parts offers unrivalled performance.



### CERTIFIED MECHANICS

Knowledgeable and skilful local dealers ensure premium quality servicing.