

Cycling Checklist

<input type="checkbox"/>	Hands (gloves)	© RoadBiking.org
<input type="checkbox"/>	Heat (jacket, clothes)	
<input type="checkbox"/>	Heart (H.R.M - Heart Rate Monitor)	
<input type="checkbox"/>	Heels (shoes, socks)	
<input type="checkbox"/>	Helmet	
<input type="checkbox"/>	Help (ID, money, map, first-aid, cell phone)	
<input type="checkbox"/>	Hindsight (sunglasses, mirror)	
<input type="checkbox"/>	High (pump up tires)	
<input type="checkbox"/>	Hole (patch kit, spare tube, pump, tire levers)	
<input type="checkbox"/>	How far (cyclecomputer)	
<input type="checkbox"/>	How dark (light)	
<input type="checkbox"/>	Hydration	
<input type="checkbox"/>	Humectants (sunscreen)	
<input type="checkbox"/>	Hunger (food)	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
Think of anything that should go on this list? Email us: Info@RoadBiking.org		