

BIKE COMMUTING STARTER PACK

FACE MASK

Always wear your mask. This is not only for the COVID-19 pandemic, this is also your protection from dust and pollution during your ride.

COMFORTABLE CLOTHES

Wear bright, comfortable clothes during a ride. Dry-fit are best in cooling and wicking away sweat. It also makes you more visible on the road.

PEDAL EASY

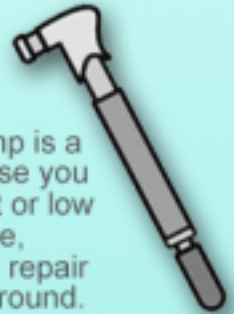
Ride at an easy pace. This will also keep you from being too tired and it also minimizes sweating. Do not try to engage in racing other bikers or other vehicles. Always ride on the outer lane of the road.

HELMET

Always ride with helmet on. This protects your head and brain from fatal injuries in case of accidents. It also protects you from heat during hot, sunny days.

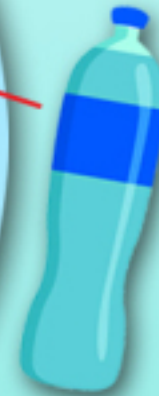
MINI-PUMP

A bike mini-pump is a handy tool in case you experience a flat or low tire pressure, especially when repair shops are not around.



WATER

Drink plenty of water before and after every ride. Water keeps your muscles loose and your body cool. This also helps reduce muscle cramps.



ALSO BRING:

- Extra set of clothes
- Money
- Dry bag/plastic bag for your gadgets in case of rain
- ID or health card in case of emergency.

BIKE LOCK

Never leave your bike unattended, even in a few minutes especially in public places. Always secure it with a bike lock.

