

## Required Equipment

### **Bicycle: Road, E-Bike or Mountain Bike**

Road Bike is recommended, especially for first time riders. Road, touring, hybrids and recumbent bikes work well on paved roads. Mountain bikes can also be used on paved roads, but they make you work harder to travel at the same speeds.

Make sure that you have a proper fit bike to help create a comfortable ride experience. Your local bicycle shop can offer help when dealing with comfort issues and preparing your bike for the ride. It is recommended that you do not change anything about your bike during the last 200 miles of your training.

### **Helmet: Wear a properly fitted helmet**

“Tips For Fitting A Bike Helmet” from the League of Michigan Bicyclists

**Step 1: Position:** The helmet should sit level on the person’s head and low on his/her forehead – one or two finger widths above eyebrow. It should feel snug but not too tight. You should be able to look up with your eyes and see the helmet.

**Step 2: Shape Strap Under Ears:** Adjust the slider on both straps to form a “V” shape under, and slightly in front of the ears. Lock the slider in place.

**Step 3: Chin Strap:** Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

### **Additional Information**

Replace any helmet that is involved in a crash, damaged, or has been outgrown.

**Lights:** Equip your bike with a white front headlight and a rear reflector light.

**Bicycle Mirror:** Install a mirror on your handlebar, helmet, or glasses to improve awareness.

**Identification and Medical Information:** Carry identification and medical information with you at all times on the tour. We recommend having additional copies available with you on the tour.