

# Bike CHECKLIST

## Bikes & Accessories

- Bike
- Helmet
- Lock
- Front & rear lights
- Mini pump
- Puncture repair kit
- Multi tool
- Chain lube
- Tyre levers
- Spare tube
- Drink bottle
- Drink bottle cage
- Hydration pack
- Bike computer



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- Seat bag
- Pannier rack
- Pannier bags
- Nutrition
- Car rack

## Clothing

- Lightweight weatherproof jacket
- Cycling gloves
- Cycling jersey
- Cycling knicks
- Sunglasses
- Wind proof vest
- Arm warmers
- Leg warmers
- Knee warmers
- Cycling shoes
- Breathable socks

Notes:

Served by:

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# Bike

## LEAVE NO TRACE PRINCIPLES



Anaconda is a proud supporter and platinum sponsor of the Leave No Trace organisation, who educate Australians on how to minimise their impact and inspire responsible travel and recreation in our great outdoors.

Cycling in any form is a way for many of us to experience the beauty of our wild places, to share the exhilaration of a down hill track, to see things from a different perspective, but most of all to have heaps of fun! The following Leave No Trace ethics will help you protect the environment you ride in, so we may enjoy it tomorrow and in the future.



### Plan ahead and prepare

Ring ahead or jump on the net to check if you can ride in the park you are visiting. Some parks may prevent bike riders on some trails. Improve your riding skills so that you reduce your footprint on the trail. Always look in the direction you want to travel so you don't visit fragile land unintentionally. Wash tyres regularly to reduce spread of plant disease.

### Travel and camp on durable surfaces

When riding single-track, stay in single file. Do not create new tracks. If the ground is boggy, try to ride through mud to prevent trail width expansion. If incredibly muddy, avoid the area completely and negotiate a different course. Stay on durable surfaces such as rock outcrops, sand or gravel.

### Dispose of waste properly

"Pack it in, pack it out" - stock up on energy bars and hydrating drinks but make sure you take along a small zip lock bag or a stuff sack to carry all of your wrappers out. If there are no toilets, deposit human waste into a "cat hole" about 20cm deep and cover thoroughly. Do this 100m away from any water source.

### Leave what you find

Leave rocks, fallen branches, plants and other natural objects as you find them, as they provide homes for animals and insects. Clean your tyres and bike regularly to prevent seeds from invasive plants spreading.

### Minimise campfire impacts

Check local regulations and observe total fire ban days before lighting a fire. Consider if a fire is really necessary. If you need a fire, use an established fire ring. If there is no fire ring, build a minimum impact fire such as a mound or pan fire. Use only dead and downed wood that is around 50cm long and no thicker than your wrist. Ideally use a portable stove to cook and enjoy a candle for light. Pack your cigarette butts into a small film canister or into your zip lock bag.

### Respect wildlife

If you come across wildlife on the bike trail, stop, observe from a distance and allow it to move on. Be aware of their habitat and respect it by leaving it alone.

### Be considerate of your hosts & other visitors

Often we share the trails with other recreational users, so be respectful and stop to let walkers or other riders pass on narrow trails. When taking a break, move off the trail and take it on a durable surface so as not to crush fragile vegetation.