



## RIDE eMTB Gear Checklist

Checklist of items to consider for every bike ride.

- ✓ **Helmet:** A properly fitting helmet is essential for your safety while riding a bike.
- ✓ **Water Bottle and Cage:** Hydration is important during a bike ride, so bring a water bottle and a cage to hold it.
- ✓ **A little first aid kit** for scratches, **chaffing** and bug bites
- ✓ **Repair Kit:** A small repair kit with a tire pump, tire levers, and a **bike specific multi-tool** can help you fix a flat tire or other minor repairs.

I love my Crank Brothers Recommend the M19



✓ Adjustable wrench for removing axle nuts in case of a flat tire. Bike axle nuts are often 17 mm.



✓ Lights: If you'll be riding in low light conditions or at night, you'll need a front and rear light to help you see and be seen. Portable

rechargeable models are my favorite. They can double as a headlight or flashlight.

✓ A couple zip-ties are nice incase a wire or cable is loose and needs to be attached to the bike frame.

✓ Highly recommend wearing riding shorts. The added cushion will make your ride more enjoyable.

✓ Phone Mount: A phone mount can keep your phone easily accessible and also allow you to use GPS navigation or track your ride.

✓ Extra chain link or “master” link to fix a broken chain.



✓ Gloves: Gloves can provide extra grip and cushion your hands, especially on rough terrain or long rides.

✓ Sunglasses: Sunglasses can protect your eyes from the sun and wind, making for a more comfortable ride. Even clear glasses are nice for eye protection in the evening.

✓ Spare Inner Tubes: Bring along a spare inner tube in case you get a flat tire.

✓ Snacks: Snacks can help keep you fueled during longer rides.

## PRO TIP

**Learn how to change the tube on your eBikes before you go on a ride.**

Changing a tire on an electric bike can be a little more complicated than changing one on a traditional bike, but it is not necessarily difficult.

The main difference is that with an electric bike, you have to be careful not to damage the wiring for the electric assist system. Here are some steps to help you change a tire on an electric bike:

1. Turn off the power: Make sure to turn off the power to the electric assist system before changing the tire to avoid any electrical hazards.
2. Cycle the gears into the small cog on the cassette. This will make removing the wheel a lot easier.
3. Flip the bike over. Resting it on the seat and handlebar grips.
4. Depending on the type of brakes you may need to disconnect a cable. (V-Brakes) If you have hydraulic brakes DO NOT depress the brakes without a spacer or the brake disc in place.
5. Disconnect any wires going into the rear hub motor. This may involve unscrewing a waterproof connection. Watch closely to ensure the wire is free from the frame connections.
6. Remove the wheel: You'll need to remove the wheel from the bike to change the tire. This typically involves releasing the brakes and axle nuts or quick-release lever, depending on your bike's design.
7. Change the tire: Remove the old tire and inner tube, and install the new tire and inner tube.
8. Re-install the wheel: Put the wheel back on the bike, making sure to tighten the axle nuts or quick-release lever.

9. Reconnect the wiring: Re-connect the wiring to the motor in the wheel.
10. Install the brake cable if you removed it.
11. Put the bike back on the tires. Flip it right side up.
12. Double check the brakes and axle nuts.
13. Test the system: Turn on the power to the electric assist system and test the bike to make sure everything is working correctly.

If you're not confident in your ability to change a tire on an electric bike, it's best to take it to a bike shop or a knowledgeable friend. professional bike mechanic. They can make sure the job is done safely and correctly.