What's in your tool kit?

Tools to take on a ride

Choose the right kit for the ride…



Plan ahead

Most problems on a bike can be fixed with a few small, good quality tools, which if they are looked after, can last a very long time!

While we can't go out on long rides, this might be a really good opportunity to have a look at what we need to take in our toolkit so that we can keep our bikes going when we get out and about. To ensure we can take the right tools, we might need to spend a little time thinking about what we can fix when we are on a ride. There is no point taking a huge tool chest if you are just going for a morning ride with a friend.

Tools for the job…

Over lots and lots of years Bike It Ben and Bike It Lucy have used hundreds of bike tools, in lots of different situations all around the world. When they go out for the day on bikes they like to take the right tools to keep their bikes going.

Your own tool kit

Activity 1: Have a look at your bike. What can you see that might need to be fixed when you go out riding?

- Look really closely at each part of the bike, try to see if you have tools to fit each part.
- You don't need to adjust anything at this stage.
- Spend time examining your bike from top to bottom

Activity 2: Check out our M-Check video for checks that may need tools:

https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-m-check-for-your-bike

- If you feel confident, have a go at some adjustments. Only attempt what you feel you can safely do.
- Do you have the tools you might need?
- If you find a problem and don't want to tackle it yourself, maybe ask someone who can help like a friend, one of your adults….or even Bike It Ben or Bike It Lucy

Activity 3: Have a look at the tools that you have where you live.

- Ask permission if you need to borrow any tools.
- If you are unsure what tools do, ask someone or look them up online or in a book.

Activity 4: Make a list of tools that you need to keep your bike running smoothly.

- Take pictures of them or draw them being used or arranged
- Can you label the tools?

And remember…

- Always use the right tool for the right job
- Hold tools in the right way
- Keep your tools tidy
- Store them in a place where they wont get rusty
- Keep your tools clean.
- Look after your tools and they will look after you.

Checkout Bike it Ben's little tool kit:
https://www.youtube.com/watch?v=6AGjJteiYvw&feature=youtu.be



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

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