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Essential Tools

Bike Maintenance

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Introduction

For safe and happy cycling, it's important to understand how to check your bicycle before you set off on your journey and how to keep it maintained for optimum performance.

This series of guides, produced by Cycling UK, provides some basic tips on maintenance and repair.

You'll find most of the common issues covered: the basic checks you should carry out before setting off, the essential tools you should always carry, how to fix a puncture, and how to adjust your brake and gear cables.

Here's what we'll cover

1 Essential Tools

2 Tyres and Inner Tubes

3 Saddlebag

But remember, if unsure about your repairs, seek the advice of a qualified mechanic at your local bike shop.

1

Essential Tools

With a small selection of tools, you'll be able to tackle most of the common issues you're likely to experience while out on your bike.

In this guide, we'll take you through what you should always carry with you and how to use them. All the items are designed to be small and lightweight and can be packed into a rucksack or saddlebag that tucks neatly under your saddle until you need it.





Spare inner tube: correct size and valve

(see next section)



Bike pump

Note: some pumps have a tyre pressure gauge.
Dual valve/smart valve pumps are best.



Tyre levers for removing tyres



Multi-tool with minimum of: Phillips & flathead screwdriver 3, 4, 5, 6, 8, hex wrenches

Note: some multi-tools may have tyre levers, spanners & a chain tool too.



Chain tool for removing chain links



Dumbbell spanner for nuts



Self-adhesive repair patches



Quick Link

Note: choose correct speed/size for your chain i.e. 10 speed for a 10-speed chain.

2

Tyres and Inner Tubes

How to find the correct valve, tyre/tube size:

- Check your tyre wall for the tyre size and then purchase a tube to match.
- Check your wheel for valve type - this will be Schrader or Presta.



1

Tyre / tube size



2

Schrader valve

3

Presta valve

3

Saddlebag

Saddlebags are really useful for carrying your tools, inner tubes and quick links with you whenever you're on the bike.

They come in a range of sizes, styles and fittings and can be bought in most bike shops.

They are designed to fit under your saddle and mean you'll always have your essential tools with you when you set out.

