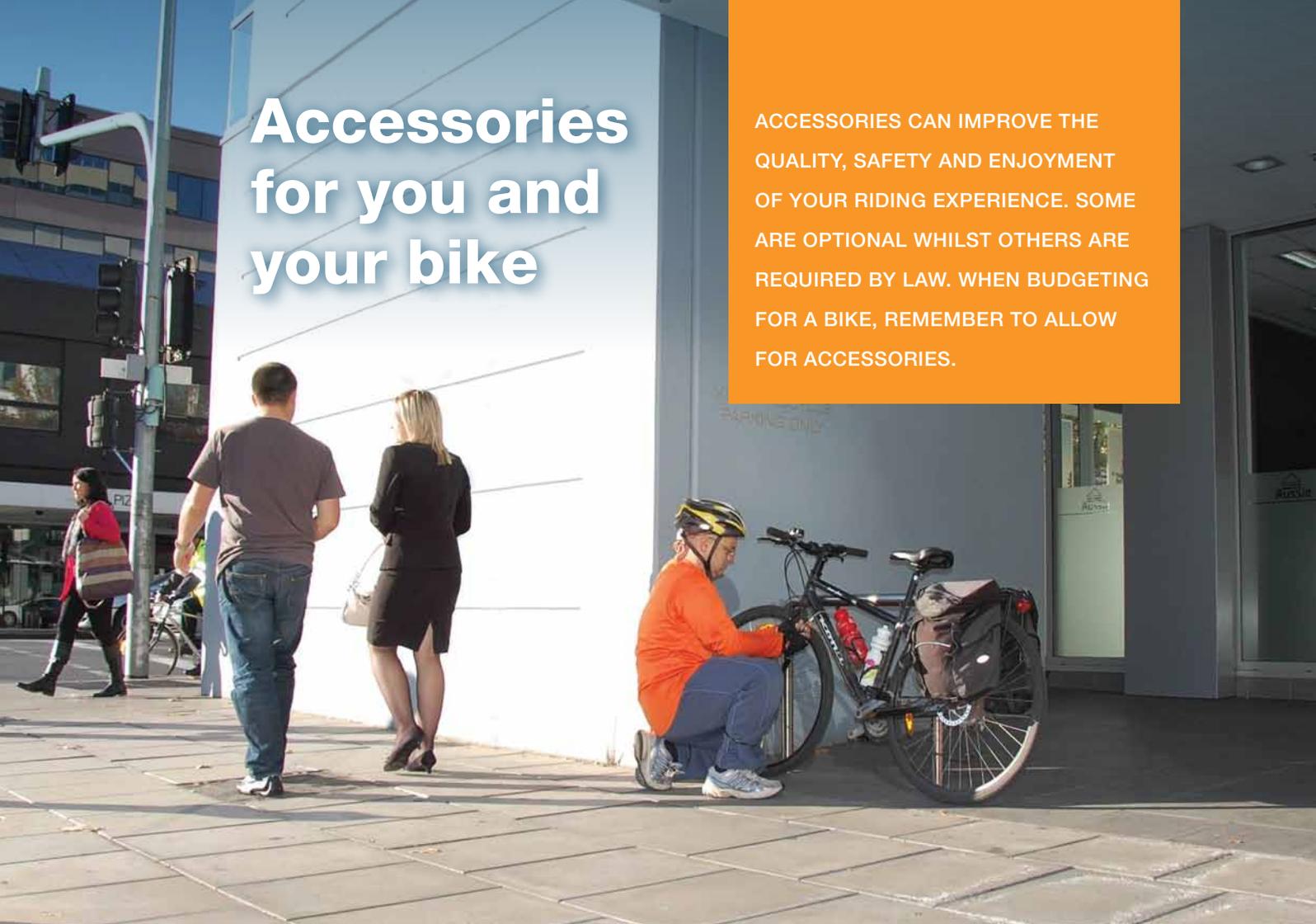


Accessories for you and your bike

ACCESSORIES CAN IMPROVE THE QUALITY, SAFETY AND ENJOYMENT OF YOUR RIDING EXPERIENCE. SOME ARE OPTIONAL WHILST OTHERS ARE REQUIRED BY LAW. WHEN BUDGETING FOR A BIKE, REMEMBER TO ALLOW FOR ACCESSORIES.



Required by law

Helmet

When riding you must wear a helmet. It must comply with Australian Standard AS/NZ2063, be properly adjusted and securely fastened. A helmet must also be worn by any passenger, such as a child in a carrier seat or trailer. A correct fit is important. Your local bike shop can help you find the right size and adjust it for best fit.



Tips for correct fit

1. Position the helmet so that it protects the forehead (10 to 15mm above your eyebrows).
2. Fasten the strap under the chin, with one finger width ease between strap and chin.
3. Tighten the straps so that they are both firm and comfortable. The plastic slide should make the straps meet just below the ears.
4. The helmet should fit securely and be unable to slide forwards, backwards or side to side.

In the event of a crash, you should purchase a new helmet even if damage is not visible. The foam in your helmet provides protection by absorbing the impact. This impact compresses the foam, reducing its future effectiveness.

Warning devices

Every bike must have an effective warning device such as a bell or horn, in working order and easy to reach, to alert others of your approach.

Reflectors and lights

By law your bike must have a red rear reflector that is clearly visible for at least 50 metres from the rear, when light is projected onto it by low beam.



If you ride your bike at night or in weather with reduced visibility, such as heavy rain or fog, you must have (on you or your bike):

- a front flashing or steady white light that is clearly visible at least 200 metres from the front of the bike
- a rear flashing or steady red light that is clearly visible at least 200 metres from the rear of the bike.

These are the minimum accessories required and you may wish to use further lights, reflectors and reflective clothing to increase your own safety.

Optional accessories

The right accessories allow you to transport gear, fix mechanical breakdowns, improve safety and comfort.

Tool kit

A good basic kit would include tyre levers, spare tube/puncture repair kit, pump and multipurpose tool. This allows for minor adjustments and puncture repair.

Pump

A small hand pump can be attached to your bike or carried in a backpack or pocket and will cover both Presta (mostly road bike tubes) and Schraeder valves (same as a car valve).

Another popular option is a Co2 inflator, which works by providing pressurised gas to instantly inflate a repaired flat tyre.

Options for carrying your gear

- Under seat bags – these are attached to the seat and are normally only big enough to store your tool kit, plus carry small essentials like keys and money while you ride.
- Backpacks – if you're using a backpack regularly, investing in a cycling/walking specific backpack will be most comfortable. Most have straps across the chest and around the waist to ensure the bag doesn't slip around.



- Baskets – attached to the handlebars, baskets are handy for carrying various items when running errands locally.
- Panniers – these removable ‘saddlebags’ allow you to stow gear on the sides of your bike. Having panniers on both sides creates an even weight distribution.
- Racks – a rack is generally attached behind the seat. Here, you can hang panniers or strap a bag.
- Trailers – these can be used for larger items or even a child (with helmet).

Water bottle

It’s important to stay hydrated when riding. Most bikes will come with a water bottle holder or can easily have one installed.

Mudguards

During wet weather, mudguards will protect you from road spray and can generally be easily fitted and removed.

Bike computer

If you’re curious about how far or fast you’re travelling, check out the variety of bike computers at your local bike shop.

Mirrors

Some commuters like to use mirrors for added safety. Options include small mirrors that click onto handlebars and lenses that attach to helmets.

Lock

The right type of lock may depend on whether it will be carried with you or stay attached to a permanent fixture e.g. a bike rail at your workplace. Options include cables and D locks. A bike shop can help you decide.

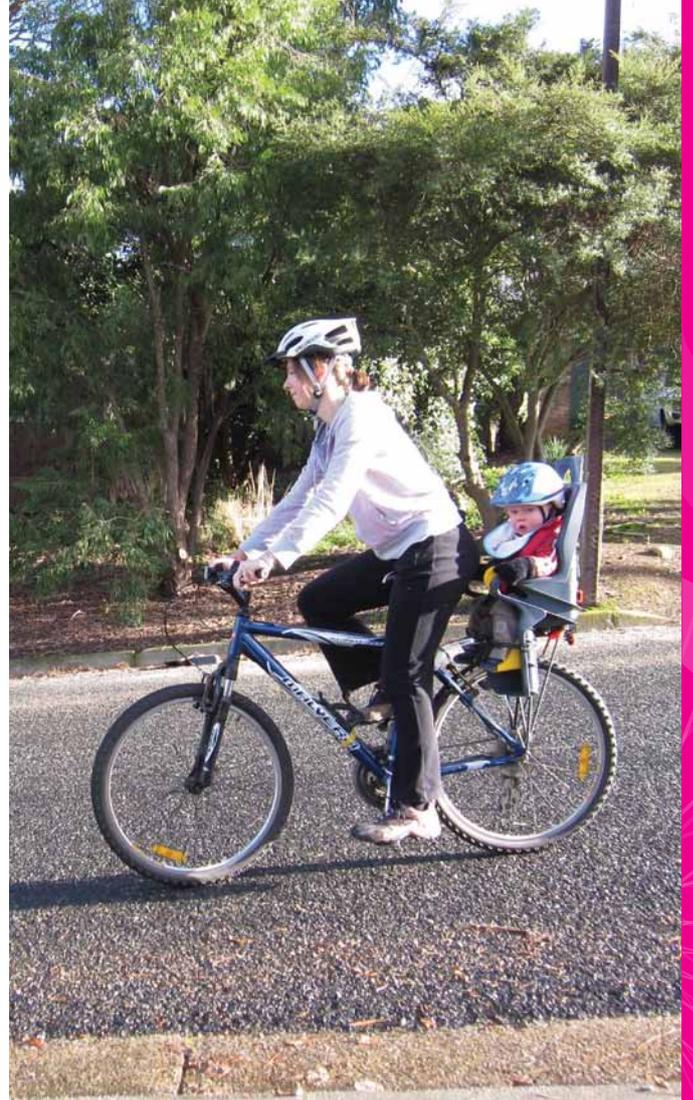
Child seats, trailers and 'tag alongs'

Young children can sit in a child carrier seat attached to the rear or front of your bike, or can travel in a trailer. Slightly older children can ride a 'tag along' which attaches to your bike. Passengers must wear a helmet and any straps or buckles on seats or trailers must be securely fastened.

Bike racks for cars

Specialised bike racks, either as roof rack or tow bar attachments, allow you to transport your bike by car.

Detailed information on the rules relating to trailers and racks is found in ***Cycling and the Law***. By removing the front wheel, many bikes will fit in a car.





What to wear

- Suitable clothes – you don't need to wear lycra or cycling shoes to ride a bike, but comfort and mobility are important. Short distances can be completed in your work attire or everyday clothes. For longer distances, padded bike shorts (knicks) can increase comfort. For night riding, light or bright coloured clothing, reflective vests and/or arm bands are recommended.
- Gloves – wearing gloves will protect your hands from the elements and increase comfort and safety.
- Footwear – if you are travelling for long distances you may want to invest in riding-specific shoes. Stiff-soled shoes with optional cleats (that slot or clip into pedals) increase pedalling efficiency. Some incorporate a recessed cleat with a flush sole, for walking comfort.
- Sunglasses – these will keep insects, road debris and rain at bay as well as providing relief from sun glare.

Bicycle parts

