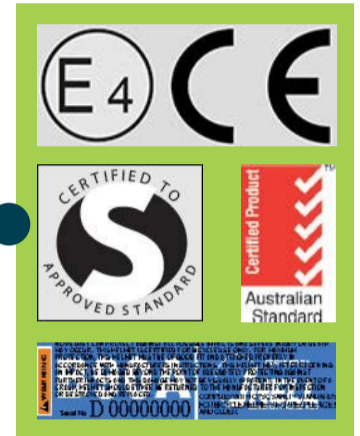
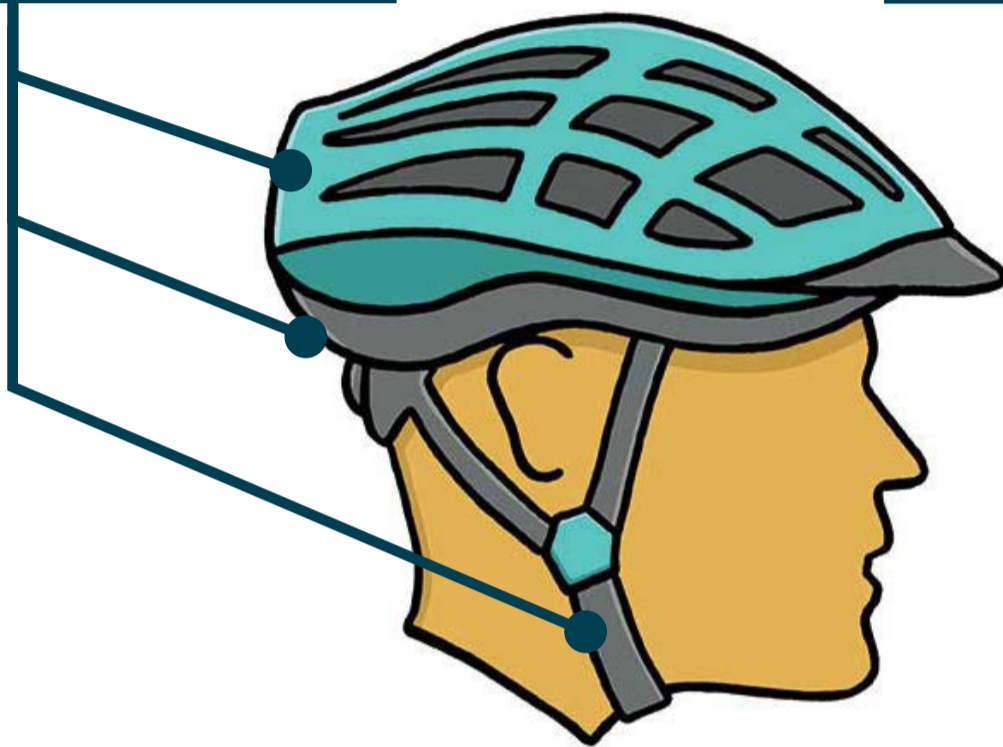


# Helmet and gear checklist

Check your helmet, clothes and lights before a ride.

Check your **Shell**, **Styrofoam**, and **Straps** for signs of wear or damage.

Check your helmet has the right standards approved **Safety Sticker**.



Use the **2-4-1** method to fit your helmet correctly:

**2** fingers between your helmet and eyebrows.

**4** fingers in V's along the straps either side of your ears.

**1** (or maybe 2) fingers between your buckle and your chin.



## Clothes Check

- Check you have no loose clothing or shoelaces.
- Bright colours make you stand out during the day. Lights and reflective gear is best at night.
- Wear shoes that cover your toes.

## Legal Requirements for Bicycles

- A red rear reflector (visible from 200m).
- Good brakes on both wheels.

## Use lights at night or in poor visibility

- One or more rear-facing red lights visible from 200m.
- One or two white headlights visible from 200m.
- Only one of each light may flash.
- Pedal reflectors on front and back of each pedal.

