



Bike Service Checklist

Bike service is required two weeks before tour. Call four weeks before to book in and order your spare derailleur hanger.

Print out and get your bike shop to tick off - then upload your Bike Service Checklist to the hub.tourdecure.com.au

1	New Tyres (no excuses)	Wheels & Tyres
2	New brake pads and brakes centred & adjusted	
3	Wheels not buckled & spin freely with good clearance, spokes not damaged	
4	Wheel hubs & bottom bracket run smoothly & no excessive play	
5	Head set & stem tensioned firmly, quick releases, handlebars, shifters done up tightly & don't move	Frame & Components
6	Bike frame is clean, handle bar tape is properly wrapped, bar ends in place	
7	Bell installed & working	
8	Seat post tightened and seat is not damaged or broken	
9	Pedals clean and not damaged	
10	Chain, chain rings, cassette and derailleur pulleys clean (this means properly cleaned not wiped!) and freshly lubed.	Drivetrain
11	Chain preferably new but no more than 75% worn and correct length	
12	Gear and brake cables are not cracked, frayed or damaged	
13	Gears change correctly (Front and rear)	
14	Rear derailleur limit set to prevent derailleur going into spokes	

Rider's Name: _____ Bike Make & Model: _____

Mechanic's Name: _____ Bike Shop: _____

Bike Shop Address: _____ Date of Service: _____

Rider Equipment Check – A Must on Tour

15	Cleats – new (no excuses)
16	Rear (Derailleur) Hanger – Show me you have one and it goes in your day bag
17	Lights – front & rear (either on bike or in day bag)
18	Chargers for all those with Electronic gearing
19	Helmet in good condition. Refer to https://www.productsafety.gov.au/standards/bicycle-helmets Look after your lid. Recommendation to replace helmet every 3-5 yrs regardless of condition.

Top Tip: Our mechanics keep us on the road everyday, however, with all the bikes they have to keep spinning it's important for you to bring a **small cleaning kit** to be able to maintain your own bike every night.

Chain oil | Wet wipes | Toothbrush/ small scrubbing brush | Small rag | Small multi-tool kit | Cable ties | Small pliers Did you get the message it needs to be small! This forms part of your 8kgs baggage. See Rider Packing List or Support Crew Packing List on the tour website.