

# Gear Up Your Bike

## Lights

It is a law that you have lights on the front and back of your bike at night and in times of low visibility (fog, heavy rain, snow). Lights must be visible from a 300-meter distance. If your bike doesn't come with attached lights, you can buy attachable lights at any local bike shop or at Flying Tiger.



## Helmet

A helmet reduces the risk of severe head trauma in the case of an accident by 60%. Be sure to buy a EU certified helmet with an EN1078 stamp. The helmet must be tightly fitting. Make sure that the helmet covers your forehead as well as the back of your head. The straps should be tight fitting without constraining you. If you are buying a helmet online, wrap a tape measure about 1 inch above your eyebrows:

- » Small: 20"-21.75"  
(51cm-55cm)
- » Medium: 21.75"-23.25"  
(55cm-59cm)
- » Large: 23.25"-24.75"  
(59cm-63cm)

## Basket

Splurge on a Basket If you have a lot of gear to transport. Some baskets are fastened on the bike, while other ones can be removed and used while grocery shopping. You can get baskets at all bike shops and they can attach it for you.



## Bell

You should use your bell when passing other cyclists or to warn pedestrians. You can find affordable bells at Flying Tiger.

## Tires

Keep your tires well inflated – if the temperature drops, so will your tire pressure. DIS has a free air pump available at V5, or any bike shop will have one near their front door to use for free.

**Tip!** Due to the amount of glass often broken on Danish roads and bike lanes, kevlar tires can be a worthwhile investment as they reduce punctures by 90%. You can get these at any bike shop.

## Lock

A bike is, by law, required to be locked when it is parked. Your bike will likely have a back wheel lock, but it may be a good idea to get an additional chain lock that you can attach to a permanent object (i.e. a pole). Quality locks are best bought at bike shops, however Flying Tiger does sell cheap versions.

## Brakes

Both front and back wheels are required to have brakes: either hand brakes on both wheels, or a hand brake on the front wheel and a pedal brake on the back wheel. Check your brakes frequently and make sure that the cables are tightened and oiled.

**Tip!** If you aren't used to having a bike with breaks pedal breaks, practice using them so you don't accidentally break when not paying attention—it is an easy way to flip off your bike unintentionally!

