

Some tips for Long Distance Rides (Things to do and some things to bring)

- Check out your entire bike
- Check Tire Pressure
- Check Fluids
- Motorcycle Keys (If your bike doesn't need a key to start don't forget your Key)
- Extra Oil
- Extra Tools
- Driver License
- Motorcycle Insurance card
- Buy the best equipment you can afford
- Good Riding Clothes
- Know what to bring for the start to finish of the ride and what kind of climate you will ride thru. Remember if you are going thru altitude it may get much colder than you think.
- Make sure you have a good seat (Airhawk , Gel etc.)
- Good Helmet
- Rain Gear
- Boots (Gortex is good)
- Clear Glasses
- Sun Glasses
- Aspirin/ Ibuprofen/ Vitamins
- Reading Glasses (for some of us)
- Small pad and pencil or pen
- Maps - Know the best way for you to go before you ride (Road conditions, weather, delays, etc.)
- Earplugs (several pair)
- Gloves (several pair)
- Towel or some rags
- Flashlight
- Lighter
- Water Bottles (extra water if going across remote areas)
- Chap Stick
- Sun Block (I like the spray on kind)
- Mobile Phone
- Camera (extra battery)
- Music (MP3 player, Ipod, etc.)
- Extra Credit Card
- Extra bag for wet or dirty clothes
- Tire gauge
- Pocket Knife
- Small can of tire patch
- Some spare fuses
- Spare Bungee Cord
- Eye drops
- Octane Boost - When you head west you will not always have high-octane fuel.

**Don't Speed!! It will only make you tired.
Enjoy the ride. Know when to stop!**