

CYCLE TO WORK CHECKLIST

WHAT TO TAKE WITH YOU ON BIKE

- | | |
|---|--|
| <input type="checkbox"/> Smartphone | <input type="checkbox"/> Ziplock Bag to keep phone dry |
| <input type="checkbox"/> Portable Charger | <input type="checkbox"/> Rucksack |
| <input type="checkbox"/> Puncture repair kit | <input type="checkbox"/> Bumbag (for phone) |
| <input type="checkbox"/> Earphones with Bluetooth | <input type="checkbox"/> Water bottle |

WHAT TO LEAVE AT WORK BEFORE

- | | |
|---|--|
| <input type="checkbox"/> Work Shoes | <input type="checkbox"/> Change of undergarments |
| <input type="checkbox"/> Second waterbottle | <input type="checkbox"/> Make Up Kit |
| <input type="checkbox"/> Pantyhose | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Comb | <input type="checkbox"/> Work Clothes |

SHOWER AT WORK/GYM

- Shampoo & Conditioner
- Bodywash
- Shower Shoes
- Chamois Towel

WITHOUT SHOWERING AT WORK

- Dry Shampoo
- Wet Wipes



Did you find this checklist useful?

Let the creator know on Twitter: @_Crystal_Evans.

The Broke Girl in the City lifestyle blog contains the full article on how to arrive in style at work after a bike commute.

www.brokegirlinthecity.com/cycle-to-work-what-you-need