

What Should I Take on a Dual Sport Ride?

By Julie Angell

Has it not happened at one time or another to all of us? Something breaks on your bike on a dual sport ride or YOU break when you fall. What should you take to be prepared, yet not end up carrying everything but the kitchen sink?

I've combined lists from several experienced dual sporters and listed items by category. This may seem extreme to the inexperienced. In all cases we didn't carry all this at first, but gradually discovered what we needed over the years. Sometimes we learned the hard way. (Some items pertain to certain riding areas or weather, like bug repellent and folding pruning saw for woods riding, extra water for hot days, or cold weather gear for chilly days.)

Begin a ride by wearing the proper riding gear. This consists of riding pants and jersey, wicking t-shirt, padded bike shorts (optional), chest protector, elbow and knee guards, riding boots, jacket, helmet, goggles, and gloves.

Must haves:

- odometer (adjustable by tenths)
- roll chart holder
- GPS (if desired)
- camera
- wallet with money/keys
- cell phone with spare battery
- bike reg./insurance
- map of riding area

Clothing

- long underwear
- winter gloves
- silk glove liners
- neoprene face warmer or balaclava
- hat with neck shade
- sunglasses
- rain gear/rain poncho
- waterproof hat
- bandana

Gear

- spare goggles (with clear lenses)
- extra goggle lens
- goggle wipes or anti-static cloth

Tools/Bike Related

- Tools specific for your bike plus:
- needle-nose vise grips
 - needle-nose pliers
 - channel locks
 - 6 way screwdriver
 - T-handle
 - crescent wrench
 - small flat head screwdriver
 - allen wrenches
 - 10/12/14 mm sockets
 - Leatherman tool
 - spark plug wrench
 - spark plug
 - tire irons/axle wrench wrapped in socks
 - spare front tube wrapped in a thick rag
 - tire pressure gauge
 - patch kit
 - CO2 canisters with inflator
 - hand pump
 - extra valve stem inserts
 - valve stem remover
 - chain breaker
 - master links
 - extra chain links
 - syringe/adaptor for bleeding clutch
 - radiator hose
 - fuel line hose (3 feet to receive or give gas)
 - shifter
 - brake/clutch levers
 - spare throttle cable
 - rear axle nut
 - misc. spare nuts/bolts
 - sprocket bolts
 - Loctite
 - cotter pins
 - drain plug
 - extra motor oil in a water bottle
 - copy of odometer instructions
 - spare odometer battery
 - mini can of wd-40
 - tow strap

- duct/electrical tape
- safety/baling wire
- zip ties
- hose clamps
- crocus cloth (sanding)
- fast drying epoxy
- extra headlight bulb
- fuses
- small magnifying glass
- toothbrush for cleaning around oil filler plug, etc.
- mini box-cutter

First Aid Kit

- rubber gloves
- hemostat tweezers
- bandaids in various sizes, including water-proof and flexible
- gauze pads
- surgical tape
- folding scissors
- roller gauze
- sunscreen
- antiseptic wipes
- antibiotic ointment
- ibuprofen
- Immodium D

Survival Kit

- prescription medications
- instant heat packs
- shower cap (wards off hypothermia)
- space blanket
- ziplock bags
- water purification tablets/taste neutralizer tablets
- water filter pump
- lighter
- wind/waterproof matches
- road flare wrapped in duct tape (to start fire anywhere/anytime)
- magnesium block with flint
- solid fuel pellets
- signal mirror
- whistle
- compass
- reflective tape (show where you've been if lost)
- glow sticks
- heavy duty knife
- knife sharpener

Food/Water

- jerky (protein)
- trail mix
- energy bars
- energy gels
- pretzels (carbs)
- 100 oz. water bladder
- spare bite valve
- extra 16 ounces water

Miscellaneous:

- baby wipes
- bug repellent
- chapstick
- pen/pencil and paper
- contact lense case with solution in it
- dental floss
- large sewing needle
- small sewing kit
- safety pins
- small flashlight
- LED headlamp
- spare batteries for flashlight and GPS
- large trash bag
- folding pruning saw
- camping toilet paper

Communications:

- radios (GMRS/FRS)
- The Spot locator
- prepaid calling card (for when cell phones don't work)

Hints:

Use only heavy duty tubes in your tires (but carry a lightweight spare tube) and don't start a ride with bald tires.

Use ingenuity. Attach items to your bike to get the weight off you—like zip-ties attached to a front fork, safety wire attached inside a hand guard, tire pump attached to rear fender. Attach a spare throttle or clutch cable alongside the one on the bike.

Use a number plate bag to carry lightweight items you need quickly, like a camera, Power Gels, tissue, etc.

Put tire-related items in the front fender bag and heavier things like tools/miscellaneous items in the rear fender bag. Avoid

losing fender bags by drilling holes in fenders under the hooks on the straps. Then zip tie the hooks to the fender.

Find items that will serve two purposes, like a tire iron with an axle wrench on the other end.

Where to Buy Them:

Not all dual sport items are easy to locate. Roll chart holders are available from Flanders Co. in Pasadena or Chaparral Motorsports in San Bernardino. Rain gear is available at Chaparral too. RockyMountainATV.com has a catalog filled with useful items, as does Chaparralmotorsports.com.

The Dual Sport Moose Racing fender packs attach easily to the fenders without a lot of adjusting. You can get to and put away the contents quickly and easily. Find them at mooseraiding.com. Spray Scotchgard on fender bags for waterproofing.

Instead of spending extra money on a number plate bag, attach a durable fanny pack to your number plate. Fanny packs are less expensive and available in different sizes from discount and sporting goods stores.

Check out the line of lightweight and multi-purpose tools made by MotionPro. They now make an aluminum chain breaker. See motionpro.com.

Sporting goods stores are a good source for energy foods, survival gear, lights, backpacks, water bladders, waterproof/breathable jackets, maps, and other gadgets. Some have a generous return policy if you're not 100% satisfied. Try discount stores like WalMart too.

You now have enough information to get started. We'll see you out on the trail!

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