

Hoi An Vietnam International Triathlon

BIKE PACKING QUICK GUIDE

Equipment Required

- Your bike, of course!
- Bike Box
- Allen Keys
- Pedal Spanner
- Track Pump
- A Bag
- Electrical Tape
- Bubble Wrap or Pipe Insulation (for protecting your frame)
- Zip ties



PACKING:

- 1. Collect all your equipment together and find a space that is large enough to work in.**
- 2. Shift your bike into the largest gear with the chain on the smallest cog at the back and the biggest ring at the front.**
- 3. Remove your pedals first as it is easier when the bike is still assembled. Removing your pedals is simple if you remember that if you are standing behind the bike, with the wrench in place on the axle of the pedal, you need to push **DOWN** to release the pedals. Note that this is the case for both sides - the threads are different on each pedal.**
- 4. Remove your seat post. Mark your seat post first at the height it usually is, using the electrical tape. (This is to help you when you are putting your bike together at the other end). Undo the Allen bolt in the seat clamp and remove the seat post. Remember to retighten the seat clamp in place so that you don't lose it during disassembly and travel.**

5. Pad your frame with the bubble wrap or pipe insulation and secure it in place with the zip ties and tape so that it is secure.

6. Loosen or remove your handle bars. It depends on the type of your bike box and handle/aero bars whether you need to loosen or remove the bars to get the box to close.

6.1 Loosen the bolts in the face plate of the stem that hold the handle bars to the stem and rotate the bars downwards.

6.2 Loosen the bolts in the face plate of the stem that hold the handle bars to the stem and remove the bars. **REMEMBER TO REATTACH THE FACE PLATE TO THE STEM.** The cables will keep the bars loosely attached to the frame, but allow you some space to position them in the box.

It is a good idea to wrap the bars in bubble wrap and secure them to the frame when the bike is in the box: loose components inside a bike box are a major source of damage to bikes when they are in transit.

7. Remove your rear derailleur from the derailleur hanger to prevent damage to the rear dropout. Let the rear derailleur hang with the cable attached. To detach the derailleur, unthread the fixing bolt.

9. Remove the wheels, let the air out of your tyres and remove the quick release skewers from the wheels (being careful not to lose the little springs).

10. Place the frame inside the box and ensure that it is centred. Adjust the position of the handle bars so that the box can close. Be careful not to damage the rear derailleur and frame (wrap it in bubble wrap or pipe insulation to help protect it). Add any extra padding that you feel is necessary to avoid scratches to the paint work of your bike.

12. Put loose components in the box. Remember to pack your saddle, quick release skewers and pedals into the case. Put these items in a small protective bag to ensure that they do not get damaged in transit.

13. Put the wheels in the box. It's a good idea to use wheel bags or an old towel or piece of foam to separate the frame and wheels so that they don't get scratched. You may need to remove your bottle cages from the frame to help the wheels sit in easily.

14. Close the box firmly and lock it.

Note: It is worth doing a practice run through a few weeks before you leave to make sure that you can do it and that if you have any trouble you have time to address it without the added stress of the up-coming race!

REASSEMBLY

1. Check your bike and bike box. Find plenty of space and open your flight case up and check to ensure that you have all the items you packed prior to your departure. Also check for any damage to your bike and box that may have been caused in transit.
2. Remove all the protective padding and zip ties in order to make reassembly easier. Use scissors/cutters to cut the tape and zip ties so that you do not have to rip the protective packaging off. Remember that you will need it for the return journey.
3. Remove the frame from the case and lean it against something, ensuring that it will not fall over.
4. Place the rear derailleur back onto the frame with extreme care. Ensure that you do not cross thread the screw otherwise you will destroy the hanger and have a bike that will not work.
5. Place both wheels back into the frame. Reinstall the quick release skewers into both of your wheels first before you place both wheels back into the frame (the longer skewer is used for the rear wheel). Ensure that you tighten the skewers up.
6. Align and fix your handlebars. Tighten the face plate of your stem according to the manufacturer's specifications. Over tightening can cause irreparable damage and lead to failures of components.
7. Place the seat post back into the frame and tighten the clamp - ensure that the saddle is straight and at the right height.
8. Fix your pedals and remember that the left pedal has reverse threads. Again be careful here not to cross thread the threads of the pedals and cranks. Tighten the pedals gently as not to force anything and to make it easy to remove them a next time.
9. Pump up your tyres.
10. Final Check. Check that all bolts and fixings are secure. Ensure that your wheels and brakes are centered and in good working order. If you are not 100% confident in your abilities to reassemble your bike, check with someone who is in order to ensure your bike is safe to ride.

Note: Always ensure that you follow manufacturers' recommendations and instructions when working on your bike as failure to do so can void warranties as well as lead to catastrophic failures.