

# Bike Box Packing



## Before You Start...

- Bike in turbo (or get someone to hold it)
- Get tools & wheel spacers ready
- Get pipe lagging ready
- Get freezer bag ready
- Rubber gloves!

Your notes/measurements...

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- Put bike in top gear
- Pipe lag & tape right chainstay & top tube

### Travel Out

### Travel Back



- Put tape on seatpost
- Remove seatpost & pipe lag
- Loosen stem bolts at the bar
- Remove pedals fwd on ~ bkwd off
- Loosen rear mech
- Deflate tyres
- Remove wheels & fit spacers in frame
- Remove rear mech ~ wrap in freezer bag
- Bike in bike box, chainset to base & lag
- Remove bars, leave stem gripping forks
- Mount front wheel then rear wheel
- Strap in bike and bars and saddle



## Before You Leave...

- Spare skewers in bike box
- Helmet & bottles in bike box
- Tools & gloves used to strip/build in bike box
- Pedals and shoes in hand luggage



## Flight Details, Pick Up Info, Hotel Address, Rider Contacts, etc...

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