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YOUR GUIDE ON WHAT TO INCLUDE WHEN PACKING A BIKE BOX

TAKING YOUR BIKE ABROAD CAN BE AN EXCITING PROSPECT; EXPLORING A NEW ENVIRONMENT, NEW TERRAIN, AND POSSIBLY ENJOYING MORE FORGIVING WEATHER THAN WE HAVE HERE IN THE UK.

But before you begin your journey, there's lots to consider, including how to pack your bike for the plane. Here, we explain what to include when packing a bike box, and how to ensure that your cycling trip gets off to a good start.

HOW TO PACK YOUR BIKE BOX

To ensure that your all-important cargo arrives at your destination safely, there are several steps you'll need to take. [Cycling UK](#) explain the key steps involved in packing a cardboard bike box:

- Unscrew and remove the pedals.
- Remove any accessories you don't want in the box, including any vulnerable items such as lights, computers etc. Bottles can be left in place.
- Drop-bar bike: loosen the stem bolts, turn the handlebar 90 degrees, then rotate the bar to hook it under the top tube. Flat-bar bike: remove the bar from the stem and fasten it vertically to the stem and fork.
- Unscrew the rear derailleur from its hanger and attach it to the chainstay.
- Remove the front wheel. Fasten the wheel to the frame at three points. Wheel on the left minimises packed width, wheel on the right gives better drivetrain protection.
- Completely lower the saddle. If the bike is still too tall for the box, remove the seatpost and saddle and fasten it to the bike.
- If your bike has disc brakes, face the front wheel rotor inwards or remove it (easier with Shimano's Center Lock system). Use a brake pad spacer or piece of folded cardboard in the calliper.
- To protect the forks, fit a fork spacer – a plastic one from a bike shop or a section of 100mm tube held in place with the axle – or refit a screw-through axle.
- Adjust, or undo the fittings to any mudguards, so the rear's tip can be held snug against the rear tyre and so the front doesn't prop up the bike. If need be, remove the front mudguard and fasten it over the front wheel.

DON'T FORGET! Make sure you label your bike box with your name, contact details, and the address of where you're staying. We'd also recommend you pack a [cycling first aid kit](#) for added peace of mind.





TOP TIPS

Cycling Solicitor and keen cyclist, Julian Fox, recently travelled to Portugal to complete the N2 Road Challenge – a gruelling 738km bike ride from the north to the south of Portugal to raise funds for [Fletchers Foundation](#). Here, he shares his top tips for taking your bike abroad:

- Practice taking your bike apart and putting it back together – don't let the night before your trip be your first attempt.
- Take spares – mech hanger, a tyre, tubes, and cleats – having had a cleat disintegrate on day one of Portugal, I speak from experience of not taking enough spares!
- Take the tools you need to put your bike back together; these can be packed in the box along with your bike and other bits and pieces.
- If you're stuffing lots of extras like toiletries in the box, make sure you take a bag to put them in when you unpack your box because you might not see your box again until the end of the trip.
- If you're worried about putting your bike back together, remember other cyclists normally can't wait to show off their mechanical skills by helping you.

WHAT ARE THE RULES AND RESTRICTIONS OF TAKING YOUR BIKE ON A PLANE?

The rules around taking your bike on a plane can differ depending on who you're flying with, so you should check the requirements of your individual airline before you fly. Some airlines will charge you for taking your bike and some will allow you to include the bike as part of your luggage allowance.

WHAT KIND OF BIKE BOX SHOULD I USE?

In terms of choosing a bike box, some airlines will allow you to use a cardboard box to pack your bike, but, as [Skyscanner explains](#), it's always worth checking with your airline beforehand. A sturdier hard case bike box, while more expensive, can give you extra peace of mind that your bike is fully protected.

WHAT TOOLS WILL I NEED?

Here are some of the tools that might come in handy when packing your bike box:

- Allen keys
- Pedal spanner
- Tape
- Cable ties
- Padding/packing materials if necessary

DO I NEED TO DEFATE MY TYRES?

While [Skyscanner recommend that you deflate your tyres](#), Cycling UK advise that you shouldn't over deflate your tyres but instead you should "make sure the tyres are deflated to at least 1bar below the maximum shown on the sidewall."

CYCLING ACCIDENT CLAIMS EXPERTS

Taking your bike abroad can be an adventure, but cycling, especially somewhere new, does have its risks. If you're involved in a cycling accident abroad, it's important to seek legal advice as soon as possible. Our [cycle accident claims experts](#) are highly qualified and have been representing injured cyclists for over 30 years. We have dedicated personal injury solicitors who specialise in accident abroad claims, meaning you'll receive the most expert legal representation when seeking compensation for your injuries.

Additional sources: [Global Cycling](#)



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