

## Essential Bike Maintenance Checklist

1. Keep your bike clean and dry: Dirt, dust, and moisture can cause corrosion and damage to your bike components, so it's essential to clean your bike regularly with soap and water. After cleaning, dry the bike thoroughly, especially the chain, which can rust quickly if left wet.
2. Check tire pressure regularly: Proper tire pressure is crucial for optimal performance and safety. Use a tire gauge to check the pressure of your tires at least once a week, and inflate them to the recommended pressure listed on the tire sidewall.
3. Inspect brake pads and cables: Make sure the brake pads are properly aligned and have enough rubber left for effective braking. Check the brake cables for fraying, kinks, or signs of wear and replace them if necessary.
4. Keep the chain lubricated: The chain is a critical component of your bike's drivetrain, and keeping it lubricated will extend its life and improve your riding experience. Apply a good-quality bike lubricant to the chain every 100 miles or when it starts to feel dry or squeaky.
5. Tighten bolts and fasteners: Over time, bolts and fasteners can loosen, which can cause parts to shift or even fall off. Regularly check and tighten all bolts and fasteners on your bike, especially those on the handlebars, seat post, and pedals.
6. Check wheel alignment and true: Check that the wheels are properly aligned and true, meaning they don't wobble or waver when spinning. A misaligned or untrue wheel can cause a bumpy ride and even affect your bike's handling.
7. Inspect pedals and crankset: Make sure the pedals are properly tightened and secure, and check the crankset for any signs of damage or wear. A loose or damaged crankset can cause the pedals to wobble or fall off, which can be dangerous.
8. Check headset and handlebars: Check the headset, which connects the fork to the frame, and ensure it's properly tightened and secure. Also, check the handlebars for proper alignment and make sure they're not loose or wobbly.
9. Inspect the derailleur and gears: Check that the derailleur is properly adjusted and shifting smoothly, and make sure the gears are clean and lubricated. A poorly adjusted derailleur or dirty gears can cause shifting problems and even damage to your bike.
10. Check the saddle and seat post: Make sure the saddle is properly aligned and tightened, and check the seat post for any signs of damage or wear. A loose or damaged seat post can cause the saddle to wobble or even fall off, which can be dangerous.