



Bike Packing -101

Make sure you get your bike tuned up and test ride it before you pack it.

What you will need:

- Travel case or cardboard bike box from a bike shop.
- Most of the tools you will need, will be on the mini tool you should have in your saddle bag. "The Crank Bros. Mini 19 w/ chain tool" is best.
- 4,5, and 6mm Metric Allen Wrenches
- Pedal wrench or 8mm allen wrench depending on the pedals you have.
- **Drop cloth, No smaller than 6x9', "Mandatory" so you don't get grease on the carpet in the hotel.**
- Black electrical tape
- Foam pipe insulation to wrap around and protect your frame.
- Rags, handy wipes, or rubber gloves. Your hands will get dirty.
- Ziploc Bags, Qt. size
- Zip ties
- Packing tape
- Chain Lube
- 2 Extra tubes, to be turned in at medical check in.

Make sure your bike saddle/seat bag has: 2-tubes, 2-tire irons and mini tool.

Note: Co2, weapons or ammunition SHALL NOT be transported in your bike box.

Dis-Assembly and Packing:

1. Open the travel case, if applicable, remove the top three pieces of foam, leaving the bottom one in the case.
2. Take a small piece of black electrical tape and wrap it around the seat post where it meets the frame so you'll know where to put it back.
3. Put the bike in the smallest gear in the back, and the largest in the front.
4. Take a sharpie and make a very small mark on your handlebar and the stem where they meet so you will know where to put the handlebar back at and at what angle.
5. Take the pedal wrench or the 8mm allen wrench and remove the pedals. The 8mm will fit at the inside of the crank arms where the pedals come through. All pedals loosen to the back of the bike and tighten towards the front, on both sides.
The pedal wrench will fit on a slot where the pedal axle meets the crank arm, if there is no slot, look on the inside for the 8mm whole. Be very careful when loosening the pedals as they tend to brake free suddenly and you could injure your hand on the chain ring.
6. Take the 4 or 5mm allen wrench and loosen the bolt that holds the seat post in place and remove the seat post with seat. The seat does not need to be removed.
7. Take the 4 or 5mm allen wrench and remove the bolts from the front plate of the stem, set them aside and remove the handlebars and let them hang by the cables. Then re-attach the front plate of the stem, screw them in far enough so they don't fall out and get lost.
8. Take the 4,5 or 6 mm allen wrenches and loosen the bolts at the back of the stem where it meets the fork tube, usually two, 2-3 turns should be enough.



9. Take the 5-6mm allen wrench and loosen the bolt at the center of the stem at the top, just enough so the stem will turn, 1-2 turns should be enough.
10. Holding the front wheel between your legs and facing the bike, turn the stem to the right 1/4 turn so it is at a 90% angle from the frame. When you lay the bike in the case or box, you will have to turn the forks to the side and this will allow the stem to end up parallel to the frame facing backwards.
11. Open the brake release on the front and rear brakes. The brake release is a cam type lever on the left side of the brake caliber. It will turn up and the brakes will open.
12. Remove the front and back wheels. Due to pressure from altitude you will need to let most of the air out so they don't explode. The front wheel will require you to un-screw the lever(quick release) a couple of times so the wheel will drop out. The rear wheel should just drop out but you may need to pull the derailleur back to allow it to drop.
13. In most bike travel boxes there will be two long bolts with continuous thread, each will have two wing nuts at each end, and four washers. The longest of the two will go on the back, the shorter on the front. Unscrew the wing nuts enough to the inside and outside so that they will fit up into the front and rear drop outs. Those are the two hook like parts of the bike that hold the wheels in place. When attaching the rear bolt, make sure the chain goes over the top of the bolts. Screw the wing nuts out and in respectively so they tighten with the washers against the drop out/frame. This will keep the frame and forks from getting bent during transportation. If your box does not have these, you can make some up from the local hardware store, just make sure you measure the width of both the front and back to make sure they are wide enough to handle the washers and the wing nuts. You can also get some from the local bike store. When a bike is shipped from the factory it will come with two black plastic pre-set spacers that fit up into the drop outs to keep your frame from bending during shipping.
15. Wrap the derailleur and move it forward and up so you can zip tie it to the frame, so it won't get bent. Take a zip tie or piece of string and loop it under the chain and tie the string up and around the top of the frame to take up the slack of the chain. You can also take the 5 or 6mm allen wrench and remove the derailleur from the frame, but you may have trouble putting it back. Either of these techniques will keep the derailleur from getting bent and causing shifting problems later. Try not to remove the derailleur if possible and keep the chain taught so it doesn't get tangled up, it's a pain to undo.
16. Place the foam pipe insulation around the frame where ever you can to keep the frame from getting scratched.
17. Place or lay the frame in the box. Move the handlebars to the side so they are next to the frame, fitting them in so they lay as flat as possible. You should not need to remove or disconnect any of the cables.
18. Wrap the seat post so you don't get grease on anything and fit it in the box.
19. Place whatever else you can in the box, helmet, shoes, , water bottles(2), work boots/dress shoes(covered with a pair of socks to keep them from getting scratched after you've had them shined), etc.
20. When you are finished packing that section, place one of the pieces of foam back on top.
21. Take your wheels and remove the quick release/skewers and place the wheels on the second piece of foam and place the skewers in a Zip Lock bag along with your pedals, chain lube and any of the small parts and put it in the box.
22. You can take your uniform, wrapped in plastic from the cleaners, make sure it is protected from any possible moisture, along with your Sam Brown and place it on the



top piece of foam, face down, and put the lid back on and attach the straps and synch them down.

23. Make sure your name and CELL phone number are on the outside of the box with a sharpie. If you have borrowed or rented the box, put a piece of duct tape on the box and then mark it. All boxes must be identifiable. Tags get ripped off during shipping.

If you have any questions, don't hesitate to call me at (818) 522-0744.

Craig

