

North York Moors National Park Cycling Friendly Scheme



Recommended Equipment & Spares

Cycling Friendly Recommended Equipment and Spares

The following tools are considered requirements for the North York Moors National Park Cycling Friendly initiative. We have a grant scheme that operates on a first come first served basis which can fund 50% of costs as long as it is for new products and services. Speak to Emily should you require more information about this. The list below gives examples and links to online pricing at the time of research. Other brands and options are obviously available.

Providing good quality tools saves you money on replacements and prevents damage to bikes due to worn tools. It's important you make it clear to guest that they use the tools at their own risk and if they are at all unsure, they should arrange to have their bike collected and taken to a local bike shop.

Where possible we recommend speaking to your local bike shop about supplying the tools as it supports the local economy and the cycle initiative in general. Perhaps they can offer preferential rates in return for you promoting them.

Essential Criteria



Puncture repair kit (essential)

The 'old fashioned' kits are the best with patches, sandpaper and glue rather than the newer self-adhesive patches. It may take a bit longer but they last and if they're at your café, they can have a brew and more cake while they wait!

Park Tool VP1 Puncture Repair Kit rrp £3.99

LifeLine Puncture Repair Kit rrp £1.99

Floor Standing Track Pump (essential)

[Park Tool Home Mechanic Floor Pump](#) rrp £29.99 (offer £22.99)

[LifeLine Digital Floor Pump](#) rrp £35.00 (offer £19.99)

Your local bike shop may be able to offer alternatives. Just make sure it is compatible with both presta and schraeder valves.

Workstand (essential)

Special offer prices range from £40 to £100 for a reasonable quality stand.

Park Tool Home Mechanic Repair Stand PCS-9 or PCS-10 rrp £115-£175 (often on offer)

X-Tools Home Mechanic Prep Stand – rrp £89.99 (offered as low as £39.99)

You could make a timber or metal frame with a horizontal cross piece to hook the saddle of the bike over, similar to the designs shown below



HOW TO BUILD A CHEAP MULTI-BIKE HANGING STORAGE RACK



<https://www.singletracks.com/blog/beginners/easily-build-cheap-multi-bike-hanging-storage-rack/>

Top Tip! Remember some soft cloth or pipe lagging to wrap around the bike frame or seat tube whilst in a workstand.

Toolkits

Tend to be more expensive but offer ease of purchase. Examples:

Shimano Pro Toolbox - small (rrp £150).

Includes Cone wrenches 13/14/15/16, pedal wrench, chain tool, cable cutter, BB remover tool, Hollowtech 2, BB remover cartridge, cassette removal set, cranktool, spoke wrenches 3.6/3.75/4/4.4, Hex and torx set, brake piston lever, screwdriver PH2, screwdriver flathead.

Extra items needed – chain link pliers

X-Tools Pro 39 Piece Tool Kit (rrp £125 online for £99)

Includes 2 in 1 crank extractor - Square taper and splined cranks, 15mm pedal wrench, Cable cutter, Cartridge bottom bracket tool, Cassette cleaning tool, Cassette remover, Chain cleaner, Chain rivet extractor, Chain whip (7 to 10-Speed compatible), Chainring nut wrench, Cleaning brush, External bottom bracket wrench - Shimano Hollow Tech II®, Campagnolo®, Chris King®, FSA®, Race Face®, SRAM®, Truvativ®, Measuring tape, Magnetic collector tray, Torx 25 wrench, Tyre levers, Spoke Wrenches: 3.2, 3.3 and 3.5mm, Screwdrivers: Philips 1, Philips 2 and 5 slotted heads, Cone Spanners: 13, 14, 15, 16, 17, 18, 19mm, Hex Wrenches: 2, 2.5, 3, 4, 5, 6, 8mm

Extra items needed – disc brake piston spreader, 10mm allen key, chain link pliers

Buying individual items (see below) can be more cost effective and means you only need to buy the essential items.

Allen/Hex Keys (essential)

Covering the following sizes 1.5mm, 2mm, 2.5mm, 3mm, 4mm, 5mm, and 6mm plus 8mm and 10mm

Suggested: Park Tool Fold-up Hex Wrench Set AWS-10

(<http://www.chainreactioncycles.com/park-tool-folding-allen-key-set-aws-10/rp-prod109310>) plus separate 8mm and 10mm allen keys or separate set such as X-Tools Allen Key x 9 Ball End Set (<http://www.chainreactioncycles.com/x-tools-allen-key-x-9-ball-end-set/rp-prod10192>)

Price range £7-£10

Torx Set (essential)

covering the following sizes T7, T9, T10, T15, T20, T25, T27, T30 and T40

Park Tool Fold-up Torx Wrench Set TWS2 (<http://www.chainreactioncycles.com/park-tool-fold-up-torx-wrench-set-tws-2/rp-prod13251>) or separate set such as X-Tools Torx Star Key Set – Long (<http://www.chainreactioncycles.com/x-tools-torx-star-key-set-long/rp-prod122323>)

Price range £7-£14

Screwdrivers (essential)

Pozidrive size 1 & and Flat blade small & medium

[X-Tools Screwdriver Set](#) rrp £9.99 (offered at £6.99)

[Park Tool Shop Screwdriver Set SD-SET](#) rrp £17.99 (offered at £14.00)

Disk Brake Piston Tool (essential)

[X-Tools Pro Brake Piston Press](#) rrp £14.99 (offered at £9.99)

Spanners (essential)

Small adjustable spanner (preferred) or set

<http://www.chainreactioncycles.com/x-tools-adjustable-wrench-6-/rp-prod11143>

<http://www.chainreactioncycles.com/park-tool-12-inch-adjustable-wrench-paw-12/rp-prod12341>

<http://www.chainreactioncycles.com/x-tools-spanner-set/rp-prod10191>

Price range £5.00 - £15.00

Pedal Spanner (essential)

[X-Tools Pro Pedal Wrench](#) rrp £9.99 (offered at £7.99)

[Park Tool home mechanic pedal wrench](#) rrp £11.99 (offered at £8.99)

Cain Tool (essential)

The item below is the best value item covering all chains from 5 speed to 12 speed

[Park Tool Chain Tool ct-3.2](#) rrp £34.99 (offered at £23.00)

Chain Link Pliers (essential)

[X-Tools Pro Master Link Pliers](#) rrp £9.99 (offered at £5.99)

[Park Tool Master Link Pliers MLP-1.2](#) rrp £14.99 (offered at £5.99)

Spares- not compulsory and should be charged for.

Essential for those applying as Repair Stations

Cable Cutters

Good quality cable cutters for cutting brake and gear cables.

[Park Tool Professional Cable And Housing Cutter CN-10](#) rrp £35.00 (offered at £25.00) last forever!!)

[X-Tools Pro Cable Cutter](#) rrp £12.99 (offered at £11.99)

[Cable ends](#) (essential if you are a repair station) rrp £1.49 (offered at £0.99) 10 pack

Chain whip and cassette remover

[Park Tool SR12 Chain Whip](#) rrp £22.99 (offered at £24.00)

[X-Tools Pro Cassette Remover](#) rrp £12.99 (offered at £11.99)

Crank Remover/Puller

<http://www.chainreactioncycles.com/pedros-universal-crank-remover-with-handle-aw17/rp-prod164939>

<http://www.wiggle.co.uk/park-tool-compact-crank-wrench-and-puller-cwp-7/>

(use this one with a separate adjustable spanner)

Inner Tubes (your local bike shop can advise)

Road: 700c x 20-28 or 18-25. 700c x 28-35 (60-80mm valve)

MTB: 26 x 1.75-2.4 presta* 27.5/650b x 1.75-2.4 presta* 29 x 1.75-2.4 presta*

*Just buy tubes with Presta valves as they will also fit wheels designed for Schrader valves. Schrader tubes

won't fit rims drilled for Presta valves.

Note: You only need to stock one or two of each and local bike shops should be able to do you a trade deal with inner tubes costing around £2-£3 each which you can sell at retail price or you can find offers online and then sell to cover your costs/make a small profit (remember they have a shelf life though!).

Gear Cables

Road and MTB – same so only need 1 or 2

<http://www.chainreactioncycles.com/lifeline-essential-inner-gear-cable-shimano-sram/rp-prod155236>

Typical prices £2.49 each

Brake cable (only need 1 or 2 of each)

Road (only need 1 or 2)

<http://www.chainreactioncycles.com/clarks-road-stainless-steel-inner-brake-wire/rp-prod47688>

MTB

<http://www.chainreactioncycles.com/clarks-mtb-stainless-steel-inner-brake-wire/rp-prod47687>

Typical prices £1.99 each

End caps as referenced with cable cutters above are also needed