

Quick List of Things Escorts Should Consider Carrying

- Band-Aids
- Water
- Aspirin / Ibuprofen / Tylenol --- caution: can make known you have it, but do not promote it
- 3M-type tire repair patches
- Inexpensive tire removal levers
- Zip Ties
- Duct Tape
- Crescent wrenches
- Incident Report Forms
- "Official STP Escort" signs attached to the bike
- Contact number for your chapter's base camp
- STP Ops Center Phone #
- Orange Flag (provided by Focal)
- Cell Phone <recommended>
- Bicycle Hand pump <recommended>
- Schrader- Presta conversion valve