

Pack Your bike (p64 mbr's version)

Ingredients

- One bike box, preferably the smaller; two-wheels-out kind, scrounged from the local bike shop
- Two plastic fork/stay spacers - the kind that come with newly boxed bikes - scrounged from the local bike shop
- Packing tape, zip ties and toe straps - from hardware store
- Pipe lagging or bubble wrap, and an old rag from wherever
- Plastic shopping bags

Packing

- Remove loose bits such as computers; pump; seat packs. Bag and seal them
- Take off pedals, wrap them in rag or bubblewrap and tape them together
- Remove seat and post; retighten clamp bolt so it doesn't drop out
- Take out wheels, slightly deflate tyres and reconnect brakes
- Put chain on the big ring, aline your cranks with rear stays, then using zip ties or toe strap, tension chain by looping it over one brake block stud
- Turn bars downwards to protect levers and bar ends
- Tie rag around your rear mech to protect it and shift it to first gear; too
- Insert the plastic fork spacers between the stays
- Pad the three main tubes, the forks and bars with the bubblewrap
- Turn the bars to the chain side and strap them against the top tube
- Strap your pedals between the rear stays behind the bottom bracket
- Remove your wheels skewers and strap or tape them to the padded top tube
- Put the frame into the box, the right way up
- Take your wheels, put both on the chain side, then use spacers to fill the box, effectively using the tyres as padding to push against either end. Strap the wheels, with toe straps, to the bike, slightly easing it off the ground so the tyres take any impact, not the frame.
- Cover your saddle up, then wedge it down between the rear triangle.
- Take any spare shoes, tyres, boots, etc, bag and wedge them into the bag as extra padding - and to give you more case space.
- Close box up; seal with packing tape. Do a couple of complete box wraps, just to make sure that it doesn't get opened.

Remember to take the tape and a decent multi tool with you, both for putting the bike back together and for sealing box for the return journey.