

# CARRYING A LITTLE

## Backpack



Cheap & convenient, it can get heavy on longer trips.

A 20-liter backpack easily carries: A half gallon of milk, a half gallon of orange juice, 5 apples and a loaf of bread.

## Front Basket



Simplest way to carry small loads of groceries. Some are easy to detach and come with handles. Steering can be tricky if load is heavy.

## Rear Basket



The weight won't interfere with steering. Your groceries could be exposed to the elements if you don't have a basket or panniers, attach a crate or a box to your rack.

# BICYCLING WITH CARGO

## Safety tips for grocery-getting

- Always wear a helmet.
- Lock your bike.
- Use lights for evening cycling.
- Fully inflate tires for easier pedaling, especially carrying additional weight.
- A lower center of gravity for cargo will impact bike handling less.
- Bring a pump, tools, and spare tube.
- If using panniers, make sure straps are tight so your cargo doesn't shift.
- Take quieter streets where possible.
- Bike defensively and use hand signals.

## Resources for Cyclists

- The Bike Campaign [thebikecampaign.com](http://thebikecampaign.com)
- Davis Bike Collective [davisbikecollective.org/](http://davisbikecollective.org/)
- B&L Bike Shop [blbikeshop.com/](http://blbikeshop.com/)
- Green Bicycle Depot [greenbicycledepot.com/](http://greenbicycledepot.com/)
- APEX Cycles & Service
- ASUCD Bike Farm [bikebarn.ucdavis.edu/](http://bikebarn.ucdavis.edu/)
- Ken's Bike-Ski-Board [kensbikeski.com/](http://kensbikeski.com/)
- Davis Bike Exchange [davisbikeexchange.wixsite.com/website](http://davisbikeexchange.wixsite.com/website)
- T&M Bike Shop [tandmbikeshop.com/](http://tandmbikeshop.com/)
- Davis Bikes and Skateboards [davis-bikes-and-skateboards.business.site/](http://davis-bikes-and-skateboards.business.site/)

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## Panniers

Most panniers easily snap on and off the rear rack. They are a very effective option for carrying a bigger load of cargo.



## Trailer

Bike trailers are a great way to manage a large load of groceries. Hauling a trailer behind you may take a little getting used to.



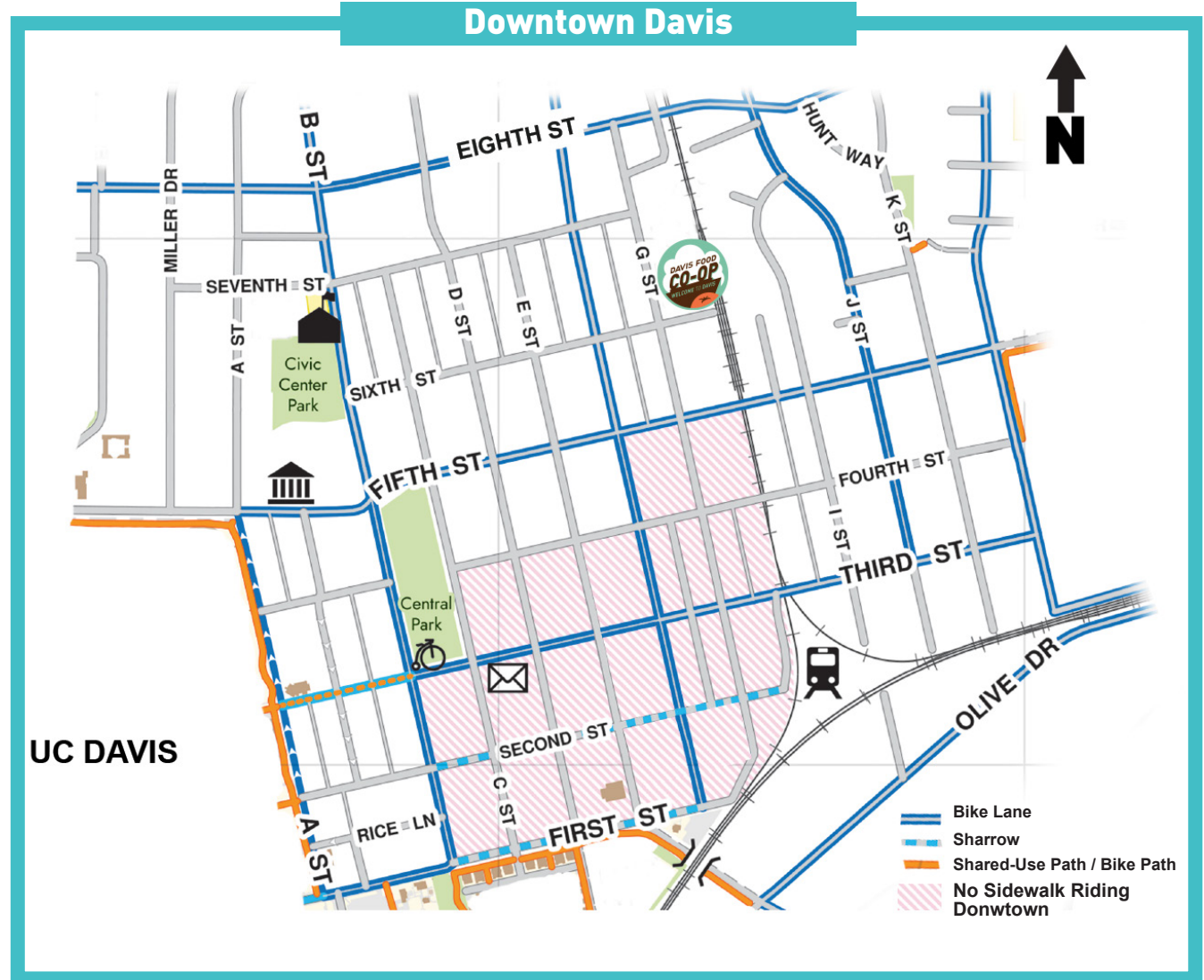
## Xtracycle

This extensions make carrying large and heavy loads possible (even 5 gallon jugs of water).



# WHY BIKE TO THE CO-OP?

Conserve energy, contribute to a cleaner environment and get exercise. Many Co-op shoppers have already discovered how fun and easy it can be to shop by bike. Give it a try!



Map Courtesy of



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