

### **Travelling with your Bike**

Triathlon Canada recommends that athletes fly with their bike because the chance of you and your bike arriving at the same time are the greatest. Airline baggage policies differ from airline to airline and are subject to change at any time. The cost could vary from the bike being part of your checked luggage with no additional fee to it costing \$200 each way plus additional fees if the case is overweight or oversized. Please click on the links below to check the different airline policies.

Air Canada [click here](#)

Delta Airlines [click here](#)

United Airlines [click here](#)

US Airways [click here](#)

American Airlines [click here](#)

### **Helpful tips for traveling with your bike:**

Your bike can be packed in a hard case, soft case or a cardboard bike box. Local bike shops often rent bike boxes or have spare cardboard boxes.

- Remove some air pressure from your tires.
- Remove your handlebars, bike seat and pedals.
- Protect your rear derailleur. Do this by shifting the gears to the lightest setting. Clip a rear derailleur protector on the hub axle and rear quick release nut. For added protection you can remove your rear derailleur using a 5mm Allen key, wrap it with proper padding, and secure to the frame with ties (recommended).
- Place a drop out protector (plastic, spare axle or hub) in your front fork and rear hub if you remove the back wheel.
- Wrap the bike with plumbers foam, bubble wrap or rags and secure with zip ties. You are trying to prevent scratching where surfaces meet and to secure any the contact points with zip ties to limit moving back and forth during shipping.
- Keep the weight of your bike bag down, and not just so you're inside your weight limit. Heavier bags and boxes are more difficult to maneuver and have an increased risk of being dropped or manhandled in the tight quarters of an aircraft's hold.
- Ensure any loose items like bike pumps aren't free to move around the bag, potentially scratching the frame or damaging the components.
- CO2 cartridges or other pressure sensitive devices are not allowed on the flights

If you are at all nervous about packing your bike, use the services of your local bike shop and ask to have instruction. You are responsible for assembling and dis-assembling your bike. While there will be mechanics on site, they will not be able to assist in the assembling of your bike. If you prefer an on-site bike mechanic assemble and re-pack your bike during World Championship week, you will need to research and arrange for these services personally.