



1. position the bag so that you are viewing the pika label; the fork end of the luggage is on your right; install the foam gadget with the foam blocks that support the chainstays and the bottom bracket on the left, i.e. not on the fork end; strap the gadget into the bag with the strap in the bottom of the bag
2. remove the pedals from the bike by turning both of them towards the rear of the bike; put them in one of the small pockets adjacent to the wheel pockets
3. if your bike has slotted cable guides shift the front derailleur so that the chain is on the largest chain ring; hold the derailleur in that position and move the shift lever to the smallest chainring position to introduce slack into the cable and housing; lift the cable and housing out of the slotted cable guide; repeat this process for the rear derailleur
4. if you have a stem with a removable face plate, remove your bars from the bike by removing the face plate; if you have an older style of stem, remove the bars and stem; strap the bars to the top tube using the foam padded gadget with 2 straps by wrapping the top tube and then strapping the bars over the foam; if you are packing a mountain bike, remove the front brake cable from the lever to position the bars in the best location; if you are packing a road bike the cables and housing will probably not allow you to position the bars entirely behind the head tube, so experiment to find the best solution
5. remove the wheels from the bike, and the skewers from the wheels; stash the skewers in one of the small pockets and the wheels in the wheel pockets (I put the rear wheel in the pocket with the rear cassette towards the exterior of the bag)
- 6, OPTIONAL if you are mechanically inclined and wish to remove the rear derailleur from the bike; leave the chain and cable attached, loosen the bolt that affixes the derailleur to the hanger; stuff the derailleur in the pouch with one strap and strap it to the bike between the chainstays.
7. if you are packing a mtn bike with a long wheelbase, turn the fork 180 degrees and remove the front disc caliper (to shorten the length of the base of the bike); removing the discs is also advised since bent discs can ruin your ride
8. remove the seatpost (and saddle) from the bike; slide the post/saddle in one of the small pockets
9. place the frameset in the bag with the bottom bracket and chainstays resting on the foam blocks