ULTRACICLISMO

GUIDES · MECHANICS

Flat tire in 8 steps

Tube and tubeless, far from any bike shop

The 8 steps

1
Stop
Flat, safe spot, off the track.

2
Remove wheel
Fully deflate.

3
Unseat
Use levers, never screwdrivers.

4
Find the cause
Check inside the tire and rim tape.

5
Fit tube
Little air, valve straight.

6
Seat the bead
No pinching; even guide line.

7
Inflate slowly
And check the pressure.

8
Check and go
Recheck seat and pressure later.

Minimum kit

- [ ] 2 correct tubes (size and valve)
- [ ] 2 tire levers and a working pump
- [ ] Vulcanizing and pre-glued patches
- [ ] Tubeless plugs + tool
- [ ] Emergency boot for cuts
- [ ] Multi-tool, zip ties and rag

Tubeless: plug or tube?

Small puncture sealing by itself
Keep riding, rotate hole to the ground

Hole that will not seal
Plug, inflate and watch it

Large cut or slashed sidewall
Tube and boot; replace tire

Symptom, cause, what to do

SYMPTOM	LIKELY CAUSE	WHAT TO DO
Two holes side by side	Pinch flat, low pressure	New tube, more pressure
One hole, flats again	Object still in tire	Check inside the tire
Leaks near spokes	Damaged rim tape	Replace or reposition tape
Tubeless leaks, not sealing	Large hole or dry sealant	Plug; if not, tube
Cut or bulge in sidewall	Torn tire	Boot plus tube; then new tire

Safety
A boot is a get-home fix. With rim or brake damage, stop. In the mountains, if in danger: 112.