



Bicycle Handlebar Tape Replacement

This guide describes how to replace handlebar tape on a bicycle.

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INTRODUCTION

This is a basic step-by-step guide on how to replace handlebar tape on a bicycle. Whether the bar tape on your bike is ripped, worn-out, or just plain missing, this guide will allow you to replace the tape all by yourself!



TOOLS:

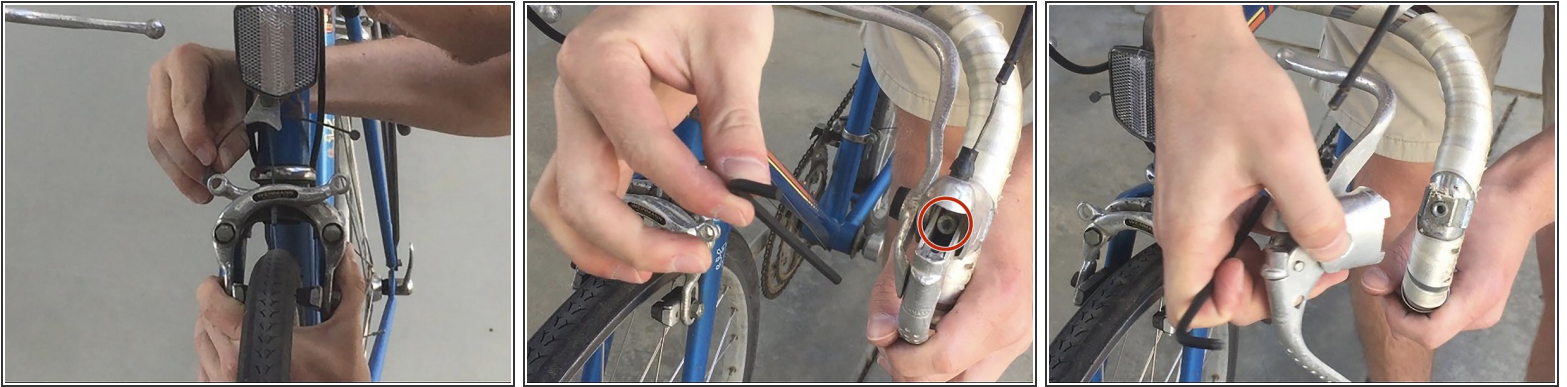
- [Utility Scissors](#) (1)
- [Electrical Tape in 6 Assorted Colors](#) (1)
- [High Content Rubbing Alcohol](#) (1)
- [5 mm Hex Key](#) (1)
- [Shop Towels or Rags](#) (1)



PARTS:

- [Handlebar Tape](#) (1)

Step 1 — Handlebar Tape



- Undo the brake cables holding the brake calipers under tension.
- Depress the brake/shift levers (brifters) and insert a 5mm Allen key into the internal bolt. This bolt secures the brifters to the handlebar.
- With the 5mm Allen key, loosen and temporarily remove brifters.

Step 2



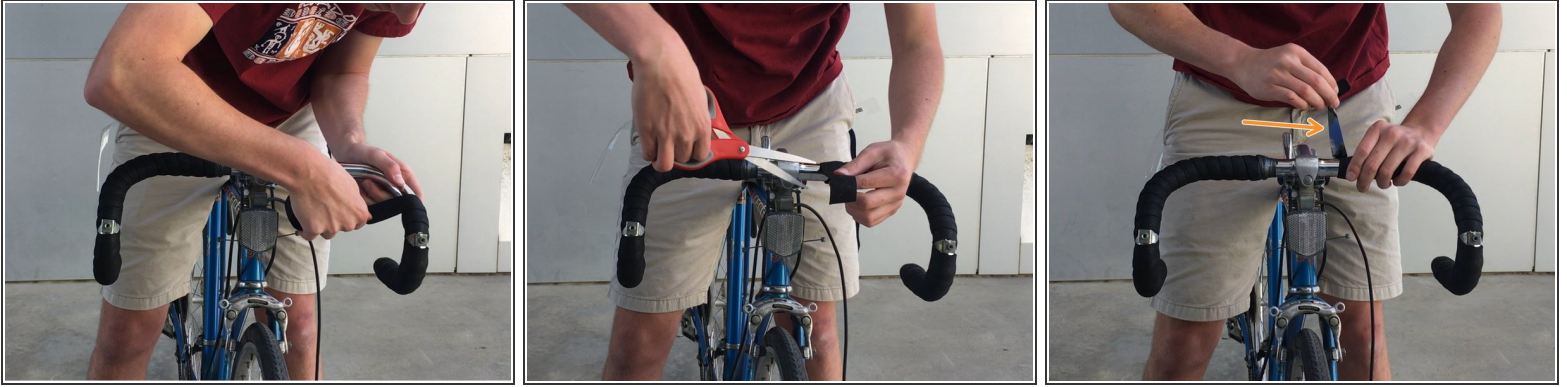
- Remove the old tape and discard.
- Pour some rubbing alcohol on the rag and clean any old adhesive residue off the handlebar.

Step 3



- Starting on the right side of the handlebar, wrap the new tape around the end in a clockwise direction moving inward.
- ⚠ Be sure to wrap the tape tight, but don't pull so hard that it rips!
- Using the scissors, cut the tape at an angle towards the outside of the bar.
- Wrap the loose end with either electrical tape or the adhesive piece provided with the handlebar tape (pictured here)

Step 4



- On the left side of the handlebar, wrap the tape around the end in a counter-clockwise direction moving inward.
- ☑ Wrap tight, but don't rip!
- Using the scissors, cut the tape at an angle towards the outside of the bar.
- Wrap the loose end with either electrical tape or the adhesive piece provided with the handlebar tape (pictured).

Step 5




- Using the 5mm Allen key, reattach and tighten the brifter levers onto the handlebar.

Step 6



- Reattach the brake cables to the brifters and brake calipers

 Depress the brake levers a couple of times to test and confirm that the cables were reinstalled properly before riding.