



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!

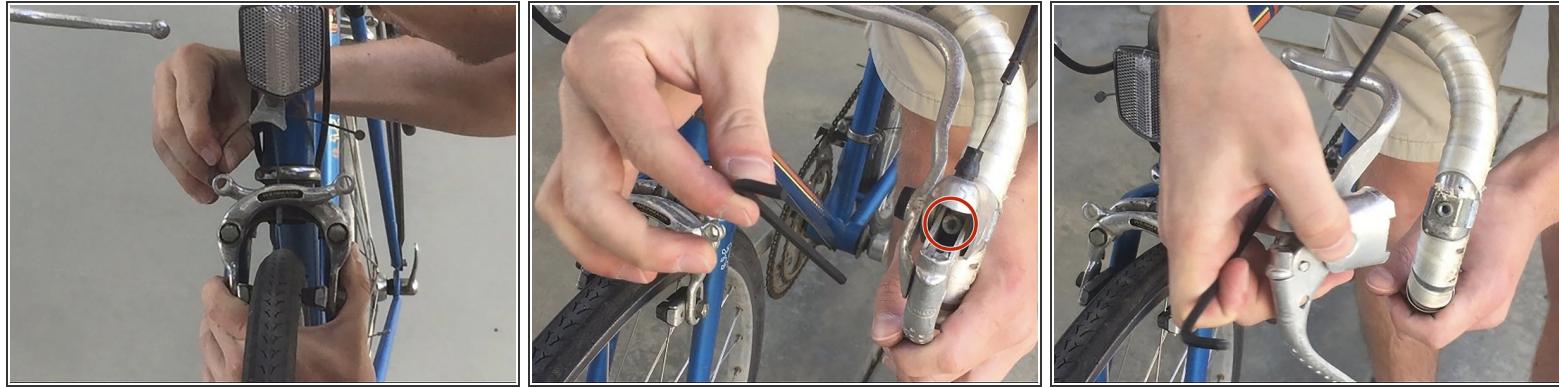
TOOLS:

- 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



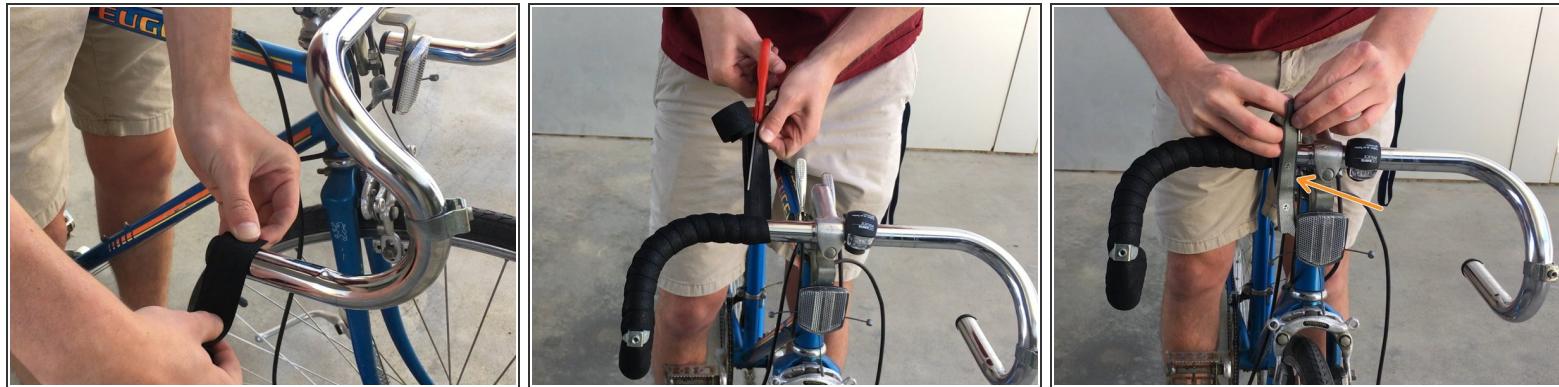
- Undo the brake cables holding the brake calipers under tension.
- Depress the brake/shift levers (brifters) and insert a 5mm Allen key into the internal bolt. This bolt secures the brifters to the handlebar.
- With the 5mm Allen key, loosen and temporarily remove brifters.

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

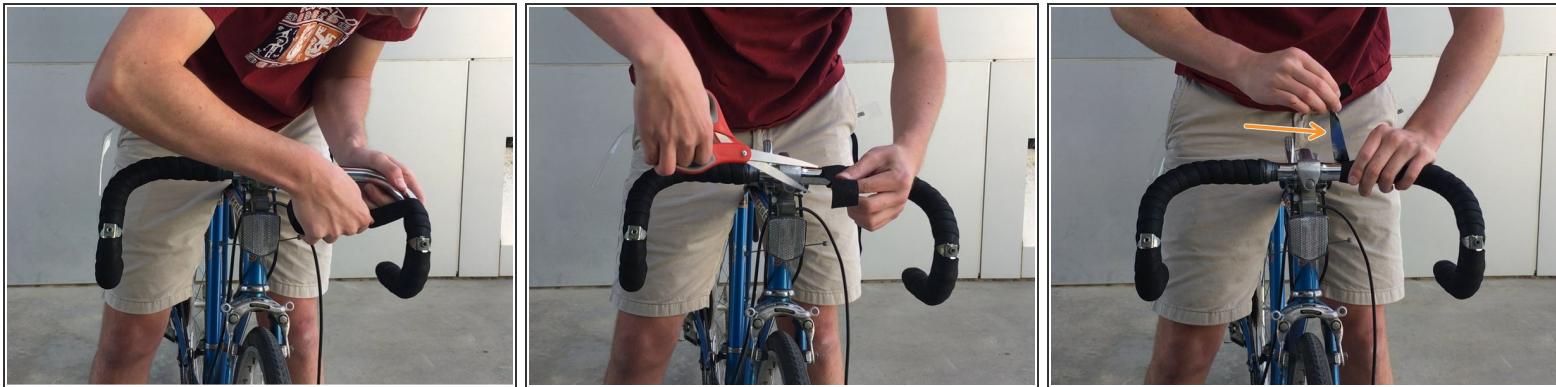


- Starting on the right side of the handlebar, wrap the new tape around the end in a clockwise direction moving inward.

⚠ 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

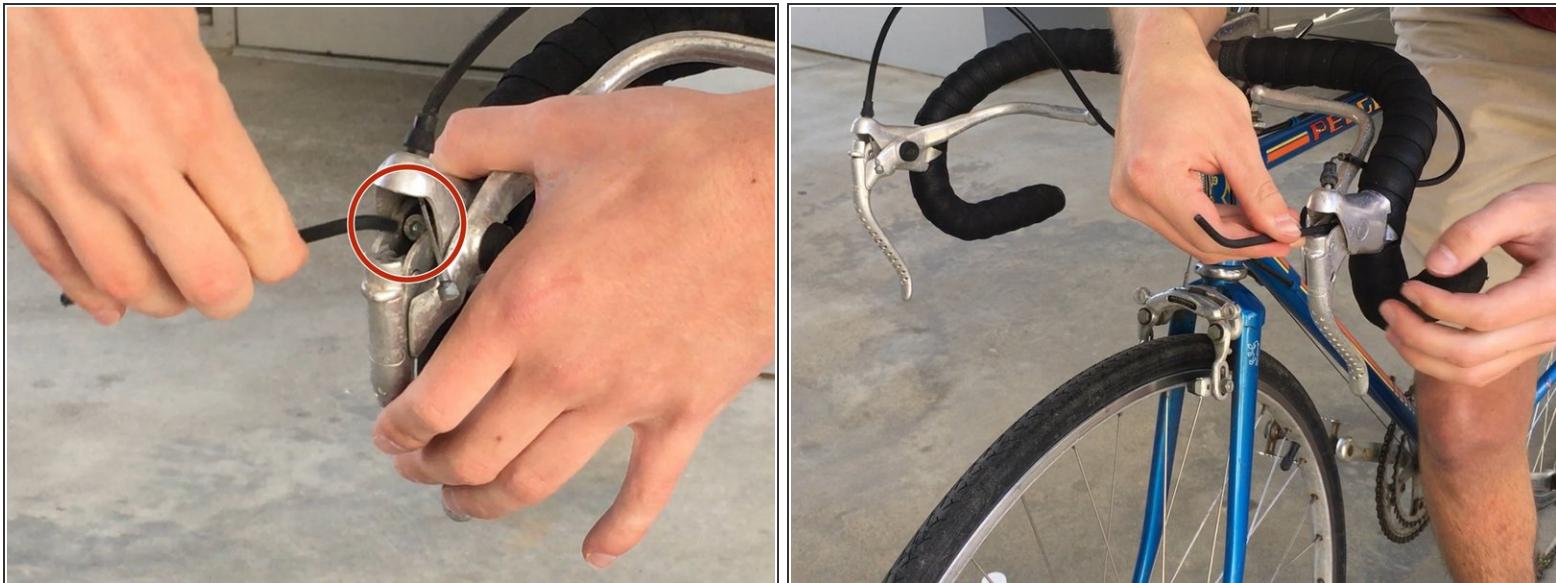


- On the left side of the handlebar, wrap the tape around the end in a counter-clockwise direction moving inward.

 Wrap tight, but don't rip!

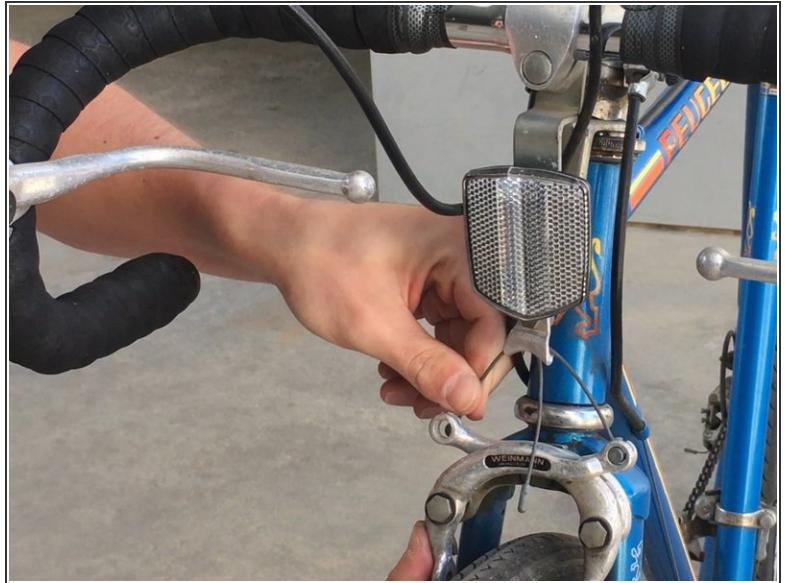
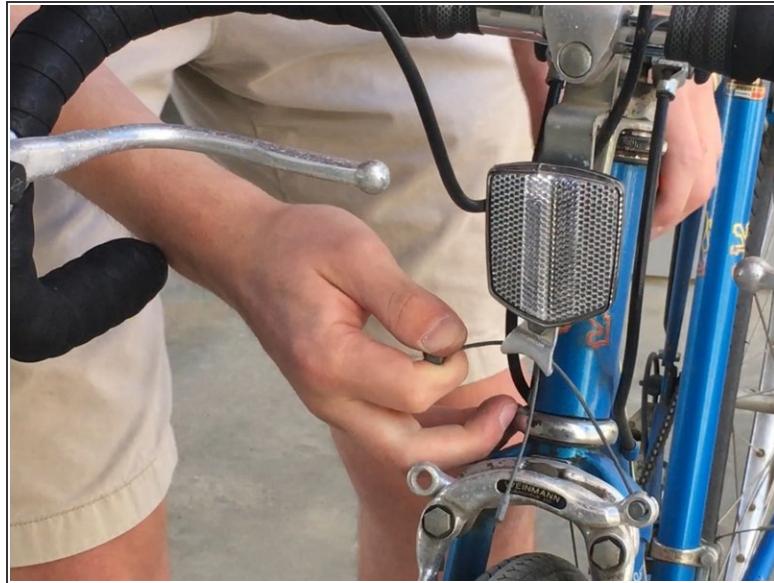
- Using the scissors, cut the tape at an angle towards the outside of the bar.
- Wrap the loose end with either electrical tape or the adhesive piece provided with the handlebar tape (pictured).

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.