



How to Install Handlebar Tape

This guide will demonstrate how to wrap handlebar tape on a road bike with dropout-style handlebars.

Written By: Elizabeth Hall



INTRODUCTION

This guide will demonstrate how to wrap handlebar tape on a road bike with dropout-style handlebars.



TOOLS:

- [Utility Scissors](#) (1)



PARTS:

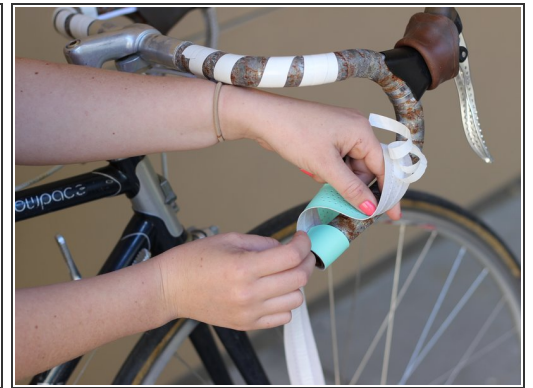
- [Handlebar Tape](#) (1)

Step 1 — How to Install Handlebar Tape



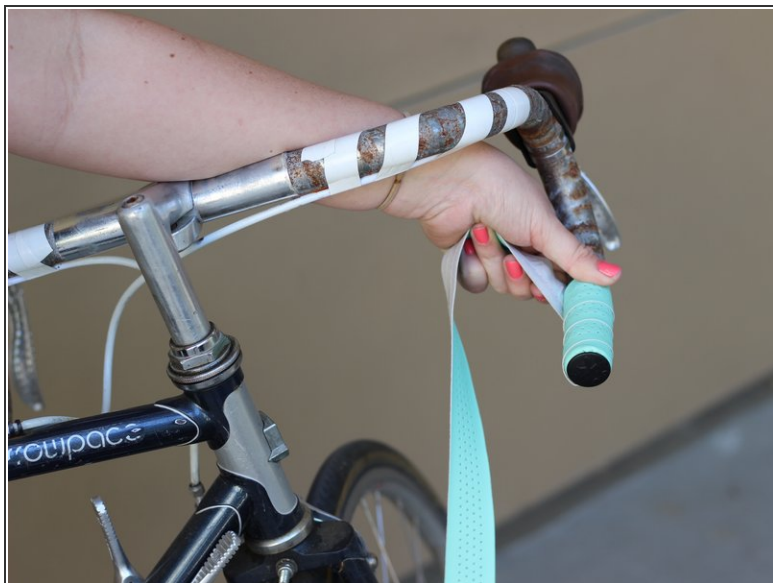
- Flip the hood of the brake lever upwards.

Step 2



- Peel off the adhesive covering from the back of the bar tape.
- Place one end of the bar tape around the handlebar, making sure to leave a half inch extended past the end of the handlebar.
- Begin tightly wrapping the bar tape clockwise around the handlebar so that the bar tape overlaps itself slightly.

Step 3



- After a few wraps, tuck the extra bar tape into the end of the handlebar and firmly push in the bar end plug.

Step 4



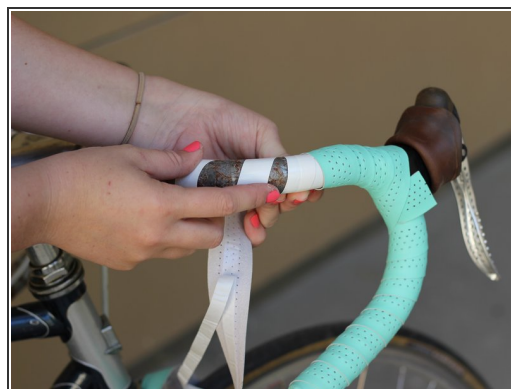
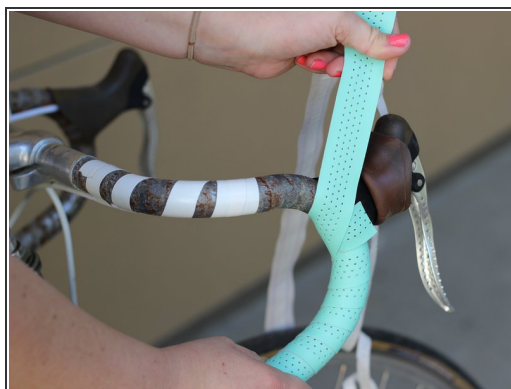
- Continue to tightly wrap the bar tape around the bar as evenly as possible.
- ⓘ Make sure the adhesive on the back of the bar tape is making contact with the metal handlebar.

Step 5



- Take the extra piece of bar tape provided and cut it to fit the back of the brake lever.

Step 6



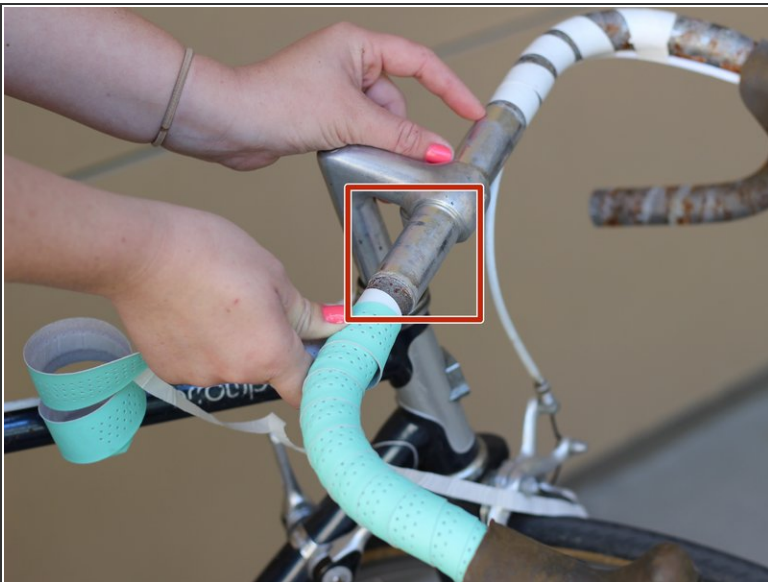
- Continue wrapping over lever.
- ⓘ Keep in mind the tightness and evenness of space between each wrap as you continue.

Step 7



- Flip the break lever hood back down and continue.

Step 8



- Stop wrapping about 2 inches from stem.

Step 9



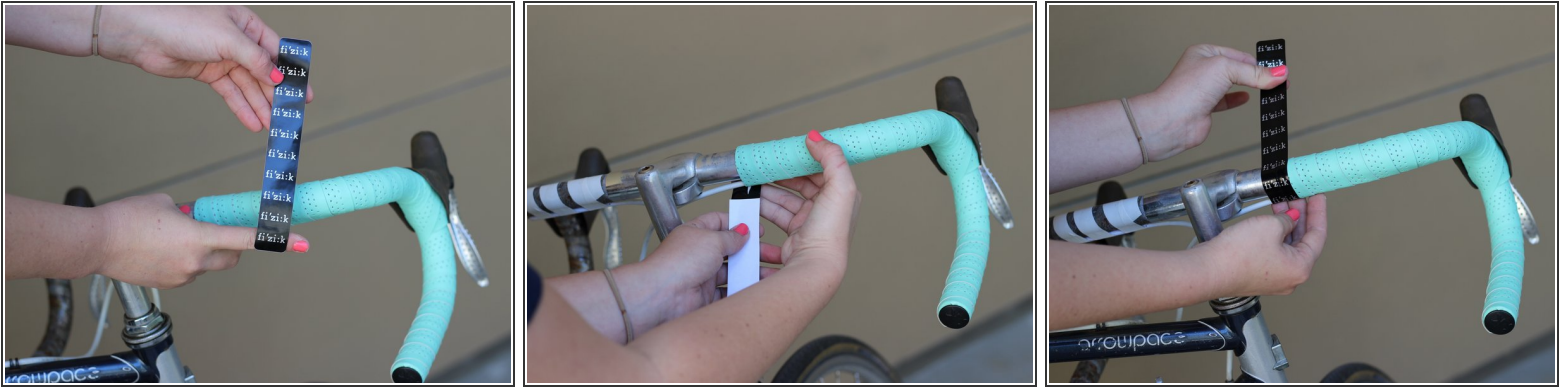
- Cut the bar tape diagonally at an approximately 60 degree angle.

Step 10



- Finish the wrap.
- ⓘ The cut should make the end of the bar tape a straight line.

Step 11



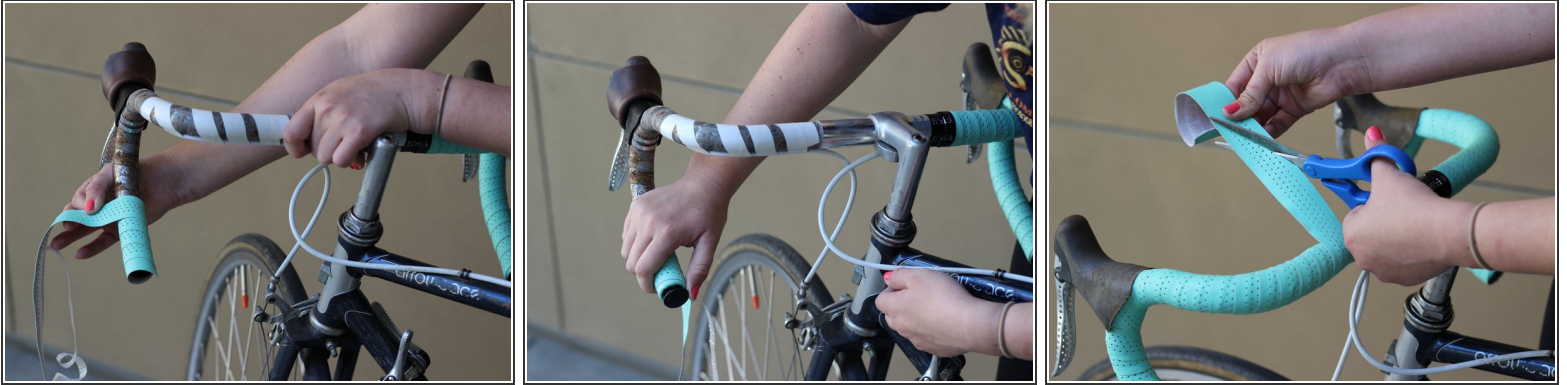
- Use the electrical tape provided to tightly secure the end of the wrap.

Step 12



- Press down on electrical tape to secure it.

Step 13



- Repeat steps 1-12 on the other side, now wrapping counterclockwise.