eeBarKeep handlebar ends can be installed into road bike and mountain bike handlebars. eeBarKeeps are designed to be installed without handlebar tape folded into the handlebar, but it is possible to install with folded tape using a smaller O-ring if desired. Three different size o-rings are included in the packaging for different handlebar inner diameters and handlebar tape preferences.

1. Choose the correct o-ring size based on desired fitment. 2mm, 3mm, and 4mm thick o-rings are included to achieve right fitting on the bar. A proper fitting is characterised by an o-ring slightly contacting the inside of the handlebar as it is initially inserted before tightening.
2. With the desired o-ring size installed onto both bar end plugs, push the plugs into the handlebar ends.
3. Using a 4mm allen wrench, hold the plug with one hand and tighten the 4mm fastening bolt until snug.

