

CHECKLIST

MOUNTAIN BIKING



This list is intended for mountain bikers. It includes many more items than you'll need for short trips near developed areas but it can be adapted to fit your needs.

ESSENTIALS

- Mountain Bike
- Helmet

MAIN GEAR

- Water Bottle/Hydration Pack
- Gloves
- Eye Protection (Sunglasses or Goggles)

MAIN REPAIR ITEMS

- Spare Tube(s)/Patch Kit
- Tire Levers
- Small Hand Pump
- Multi-Tool w/ Allen Wrenches
- _____
- _____

CLOTHING

- Wicking Jersey or Shirt
- Padded Shorts or Tights
- Socks
- Footwear Suited for Bike's Pedals
- _____
- _____

Additional Items for Rain/Cold Weather

- Rainwear (Jackets/Pants)
- Collapsible Wind Jacket
- Insulation Layer
- Arm/Leg Warmers
- Weatherproof Gloves
- _____

OTHER GEAR OPTIONS

- Cycling Computer/GPS
- Saddle Bag
- Bicycle Lock
- Headlight
- Taillight
- _____

Freeriding Options

- Full Face Helmet
- Elbow Pads
- Shin Guards/Knee Pads
- Upper Body Protection
- Goggles
- _____

OTHER REPAIR OPTIONS

- Patch Kit
- CO2 Inflator w/ Cartridges
- Pressure Gauge
- Chain Tool
- Extra Chain Link
- Lubricant
- Extra Spokes (Minimum 6)
- Spoke Tool
- Spare Tire
- Brake and Derailleur Cables
- Duct Tape
- _____

PERSONAL ITEMS

- Cell Phone
- Credit Card or Cash
- Portable Charger
- Camera/GoPro
- ID
- Snacks
- Sunscreen
- Lip Balm
- _____
- _____
- _____