



Mountain Biking Checklist

Note: This list is intentionally extensive. Not every rider will carry every item on every trip.

The Two Essentials

- ☐ Bike
- ☐ Helmet

Core Gear

- ☐ Hydration pack and/or water bottles
- ☐ Eye protection (sunglasses or clear lenses)
- ☐ Gloves
- ☐ First-aid items (see our [First-Aid Checklist](#))

Core Repair Items

- ☐ Spare tube or tubes (and/or patch kit)
- ☐ Tire levers
- ☐ Compact pump
- ☐ Cycling multi-tool (with Allen wrenches)

Clothing

- ☐ Wicking jersey or top
- ☐ Footwear suited to bike's pedals
- ☐ Padded shorts or tights
- ☐ Cycling socks
- ☐ Rainwear
- ☐ Weatherproof gloves
- ☐ Stowaway wind jacket
- ☐ Insulation layer(s) for cool conditions
- ☐ Buff/bandana/skullcap
- ☐ Arm/leg warmers

Gear Options

- ☐ Lock
- ☐ Water bottles with cages
- ☐ Cycling computer and/or GPS
- ☐ Compass
- ☐ Saddle or handlebar bag
- ☐ Wrist altimeter
- ☐ Headlight
- ☐ Taillight
- ☐ Emergency whistle
- ☐ _____

Repair-kit Options

- ☐ Patch kit
- ☐ Spare tire
- ☐ Pressure gauge
- ☐ Chain tool
- ☐ CO2 inflator (with cartridges)
- ☐ Replacement chain links
- ☐ Spare spokes (minimum of 6)
- ☐ Lubricant
- ☐ Spoke wrench
- ☐ Brake and derailleur cables
- ☐ 6" adjustable wrench
- ☐ Assorted nuts and bolts
- ☐ General-purpose multi-tool
- ☐ Duct tape

Freeriding Gear

- ☐ Full-face helmet
- ☐ Elbow pads
- ☐ Shin guards
- ☐ Upper body protection

Personal

- ☐ Medical information/emergency contact card
- ☐ Lunch/snacks
- ☐ Sunscreen
- ☐ Performance food/gels/drinks
- ☐ Lip balm
- ☐ Maps
- ☐ Insect repellent
- ☐ Guidebook or route description
- ☐ Chamois cream
- ☐ Trailhead permit (if needed)
- ☐ Small, quick-dry towel (for cleanups)
- ☐ Camera
- ☐ Baby wipes (for cleanups)
- ☐ Cell phone
- ☐ Toilet paper and/or tissue
- ☐ Cash/credit card/ID
- ☐ _____
- ☐ _____