



# 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
- Cyclist's multi-tool (with Allen wrenches)

## Basic clothing (plus clothing for variable weather)

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

## Gear options

- Lock
- Water bottles with cages
- Cycling computer and/or GPS
- Compass
- Saddle or handlebar bag
- Wrist altimeter
- Headlight
- Binoculars
- 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
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