# 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
- [ ] Gloves
- [ ] Eye protection (sunglasses or clear lenses)
- [ ] First-aid items (see our [First-Aid Checklist](https://www.rei.com/safety))

## Core Repair Items

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

## Clothing

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

## Gear Options

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

## Repair-kit Options

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

## Freeriding Gear

- [ ] Full-face helmet
- [ ] Shin guards
- [ ] Elbow pads
- [ ] Upper body protection

## Personal

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

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