



Mountain Biking Checklist

Getting ready to hit the dirt? This comprehensive list for mountain bikers is designed to prevent you from forgetting anything important on your next ride. This list is intentionally extensive. Not every rider will carry every item on every trip.



Cycling Gear

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*)

Optional:

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



Tools & Repairs

Core Repair Items:

- ☐ Spare tube or tubes
- ☐ Compact pump
- ☐ Tire levers
- ☐ Cycling multi-tool (*with Allen wrenches*)

Optional:

- ☐ 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
- ☐ _____
- ☐ _____



Clothing

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



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
- ☐ Cellphone
- ☐ Cash/credit card/ID
- ☐ _____
- ☐ _____