

Mountain Biking Checklist

Bicycle Gear

- Mountain Bike - obviously!
- Two water bottles and carriers
- Small tool bag mounted under seat
- Security lock (if you plan to leave your bike for a mid-ride latte, blended juice, or snack)
- Pump

Tools

- Compact screwdrivers to fit bike
- Allen wrenches to fit bike parts (typically 3, 4, 5, and 6 mm)
- Tire irons
- Spoke wrench
- Freewheel tool (be sure it fits your freewheel)
- Six-inch crescent wrench
- Spare tire
- Spare tube
- Tube patch kit
- Chain rivet tool
- Spare chain link

First Aid

- Antibiotics
- Antiseptics
- Tylenol
- Benadryl
- Tincture of Benzoin™
- Sterile gauze pads
- Nonadherent dressing
- One-inch adhesive tape
- Steristrips™
- Ace wrap
- Moleskin
- Second Skin
- Tweezers
- Bandage scissors
- Irrigation syringe
- Talcum powder for saddle sores and for flat tires -- dusting the tube before placing it
- Pencil and emergency report form
- Emergency Phone Numbers and money for a phone call

Clothing

- Bike helmet -- if you have a brain, protect it!
- Cycling shorts -- I prefer the baggie outers with pockets to the tight Lycra geek look
- Cycling socks

- T-shirt (cotton / synthetic blend such as those made by Sierra Designs or Patagonia or synthetic such as Tekware by The North Face)
- OR, instead of a T-shirt, opt for a high-tech cycling jersey with the pockets behind for snacks and other misc. odds and ends...you'll look cool so you had better cycle cool!)
- Fleece, Polartec or wool sweater
- Cycling gloves
- Rain jacket - lightweight for windbreaker and just-in-case sprinkles
- Cycling shoes (be sure you can walk / hike comfortably in these too, because you will at some point!)

Miscellaneous

- Wrap-style sunglasses
- Compass (a mini one that mounts on the handlebars works just fine)
- Heart-rate monitor and altimeter mounted on the handlebars, too
- Sunscreen
- Insect repellent
- Bandana
- High energy snacks
- Camera and film
- Small hydration pack with room for packing snacks

▪ **Contributed By:** *Michael Hodgson*