



# Mountain Biking Checklist

Mountain biking is probably the most rugged form of cycling there is, requiring specialized equipment to handle the strain of the rough terrains. Many choose to hike and/or camp to their cycling route, so be sure to also check our camping and hiking checklists as well as our travel checklist to ensure that you're prepared for all aspects of your outdoor adventure.

## Core Essentials

- ☐ Bicycle
- ☐ Helmet

## Basic Essentials

- ☐ Water Source
- ☐ Energy Food/Snacks
- ☐ Sunglasses
- ☐ Medical Info/Card
- ☐ Protective Gear
- ☐ Bag
- ☐ Towel
- ☐ Strength Tape
- ☐ Pocket Knife
- ☐ Lip Balm

## Free Riding Gear

- ☐ Full-Face Helmet
- ☐ Shin Guards
- ☐ Upper Body Protection

## Gear and Accessories

- ☐ Slim-Fitting Backpack
- ☐ Bike Rack, Hitch, or Cage
- ☐ Mounting Devices (GPS/Phone Mount)
- ☐ Bike Mirrors
- ☐ Bottle Holder
- ☐ Tube Repair Items (Tube, Inflator, Patch Kit)
- ☐ Handlebar Grip
- ☐ Fitness Watch
- ☐ Cycling Multi-Tool
- ☐ Lock
- ☐ Cell Phone
- ☐ Map/Manuals
- ☐ Straps or Bungee Cords
- ☐ Emergency Whistle
- ☐ Compass

## Clothing

- ☐ Face Mask
- ☐ Visor/Hat
- ☐ Gloves
- ☐ Wicking Top
- ☐ Technical Socks
- ☐ Padded Shorts or Leggings
- ☐ Windbreaker/Jacket with Liner
- ☐ Rainwear
- ☐ Thermal Underwear
- ☐ Cycling Footwear
- ☐ Shoe or Toe Covers
- ☐ Hands and Feet Warmers
- ☐ Balaclava
- ☐ Ear Band/Ear Muffs
- ☐ Gaiters

## First Aid

- ☐ First Aid Kit
- ☐ Bandages
- ☐ Pain Relieving Balm
- ☐ Blister Treatment
- ☐ Insect Repellent
- ☐ Safety Glasses
- ☐ Toiletry Kit

## Personal Essentials

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_