



MOUNTAIN BIKING GEAR CHECKLIST

Use this trail checklist to tick off the basics for a few hours of riding. If you're going for a longer rip, pad your kit with extra items to cover minor fixes farther from the trailhead. Use common sense – for remote areas (or any trails where hike-a-biking out would be more painful than usual), start with the 10 essentials checklist and build your mountain bike kit from there.

Mountain bike gear essentials

- Bike
- Helmet
- Backpack
- Hydration bladder or water bottle
- Water or energy drink
- Energy bars and food
- Trail app, map or guidebook

Repair kit items for every ride

- Bike multi-tool with Allen keys (some have chain tools, spoke wrenches, Torx drivers, and flatheads and Phillips screwdrivers built in)
- Spare tube (bring 2 for longer rides)
- Patch kit
- Tire levers
- Mini bike pump or CO2 inflator with cartridges

Additional repair items for longer rides

Note: Big backcountry epics are beyond the scope of this checklist, and you'll want to be totally self-sufficient for those. Check out the MEC mountain bike trip gear list for ideas on what to bring for full weekend or longer rides.

- Shock pump
- Chain tool (if it's not on a multi-tool)
- Master chain link
- Zip ties
- Duct tape (mini roll)
- Derailleur hanger and mounting bolts

Clothing and armour

- Bike shorts with or without padded liner shorts
- Riding jersey
- Bike shoes
- Bike socks
- Cycling gloves
- Lightweight packable shell and extra layers
- Body armour
- Eye protection/sunglasses

Personal and safety stuff

- Phone, plus a portable charger in waterproof case
- First aid kit
- Bike light or headlamp
- Sunscreen
- Bug spray
- Compass or GPS
- ID and cash
- GoPro or camera (optional)
- Change of clothes, a towel and cold drinks in your car for post-ride
- Bike maintenance skills – to learn useful repair skills, sign up for bike maintenance clinics at your local MEC store