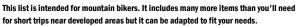
CHECKLIST

Sunscreen

MOUNTAIN BIKING





ESSENTIALS		
Mountain Bike	Helmet	
MAIN GEAR		
Water Bottle/Hydration Pack	Gloves	Eye Protection (Sunglasses or Goggles
MAIN REPAIR ITEMS		
Spare Tube(s)/Patch Kit	Tire Levers	Small Hand Pump
Multi-Tool w/ Allen Wrenches		
CLOTHING		
☐Wicking Jersey or Shirt	Padded Shorts or Tights	Socks
Footwear Suited for Bike's Pedals		
Additional Items for Rain/Cold Weather		
Rainwear (Jackets/Pants)	Collapsible Wind Jacket	☐Insulation Layer
Arm/Leg Warmers	Weatherproof Gloves	
OTHER GEAR OPTIONS		
Cycling Computer/GPS	Saddle Bag	Bicycle Lock
Headlight	☐Taillight	
Freeriding Options		
Full Face Helmet	☐ Elbow Pads	Shin Guards/Knee Pads
Upper Body Protection	Goggles	
OTHER REPAIR OPTIONS		
Patch Kit	CO2 Inflator w/ Cartridges	Pressure Gauge
Chain Tool	Extra Chain Link	Lubricant
Extra Spokes (Minimum 6)	Spoke Tool	Spare Tire
Brake and Derailleur Cables	☐ Duct Tape	
PERSONAL ITEMS		
Cell Phone	Credit Card or Cash	Portable Charger
Camera/GoPro	□ID	Snacks

Lip Balm