

# Mountain Biking

## Clothing

- Padded shorts
- Rain jacket
- Wind jacket
- Comfortable riding shoes - clip-in shoes are helpful, but not a requirement

## Gear

- Helmet
- Padded gloves
- Hydration pack
- Spare tubes - at least two (one for each tire)
- Patch Kit
- Hand pump - you can find small packable pumps that you can carry with you while you ride.
- Multitool
- Tire Lever - Some multitools have a tire lever built into them, but if not, definitely bring one.
- Chain lube - You don't always need to carry chain lube with you, but if you know you will cross multiple streams or there is a chance of rain, I would suggest carrying a small bottle of chain lube and a piece of cloth to clean the chain.
- Water
- First Aid Kit
- Snack (Gels, bars, etc.)
- Zip-ties - You never know when zipties will come in handy, but they can be used to fix many small repairs.
- Headlamp - If there is even the slightest chance that you will still be riding after the sun goes down, it is always safe to carry a light to help you get home.

## Optional

- Derailleur Hanger - breaking or bending a derailleur hanger is one of the most common mechanical problems that occur on a ride. If this happens, and you don't have a derailleur hanger, you will be walking your bike back. It might be worth carrying, but not essential.
- Master link - If your chain link breaks, you can use these to replace them until you finish the ride.
- Sunglasses