

Things to bring on a bike ride (self-supported)

ESSENTIALS

- Helmet
- Facemask (COVID-19)
- Water
- Keep these in a saddle bag, trail pack, or pockets:
 - Spare innertubes (1x)
 - Tire lever (≥ 2)
 - Cycling multi-tool
 - Pocket pump or CO2 canister(s) and inflator
 - Innertube patch kit and \$1-bill
- ID, payment methods, phone
- Glasses (Spare contact lens(es) per need)
- Food (calorie-dense bars, gels, etc.) for rides > 1 hour
- Charged front (white) and rear (red) lights
- Make sure your tires are pumped up!
- Tell someone where you're going!

Gear for mountain biking (use as needed)

- Hydration backpack (holds more water, has pockets for your gear)
- Full-face helmet (if things get gnarly...)
- Goggles
- Extra food and water
- Elbow-, knee-, and/or shin-pads
- Full-fingered gloves
- Whistle – in case you need help!
- Bandages, wraps, alcohol wipes for scrapes
- Tubeless tires
 - Tubeless tires have sealant inside that seal up small punctures - fewer flat tires! Just in case, carry some spare flat repair kit.
- Make sure your suspension has enough air!



For hot days

- Extra water or add powdered electrolyte drink mix for hydration
- Hydrate well before rides
- Sunscreen / sunblock lotion

For cold days

- Gloves (seriously)
- Extra food (keep your energy up!)
- Gilet/vest or windbreaker
- Neck gaiter
- Shoe/toe covers

Things to bring on a bike ride (new club riders)



ESSENTIALS

- Helmet
- Facemask (COVID-19)
- Water
- Flat kit
- Cell phone/wallet (ID, payment methods)
- Sunglasses (spare contact lenses)
- Snacks (calorie-dense bars, gels, etc.) for rides >1 hour
- **Tell someone where you're going!**

Gear for mountain biking (use as needed)

- Extra food and water
- Gloves
- Flat tire repair kit

For hot days

- Extra water or sports drink
- Sunscreen / sunblock

For cold days

- Extra food
- Jacket
- Gloves

Things to bring on a bike ride (self-supported)

ESSENTIALS:

- Helmet
- Glasses (for wind, dust, and sun protection)
 - Spare contact lens(es)
- Gloves (for grip and finger protection)
- Food (calorie-dense bars, gels, etc.)
- Water
- Front light (white) and rear light (red)
- Card ID, medical insurance card, cash / ATM or credit card
- Cell phone
- Facemask (COVID-19)
- Keep these in a saddle bag, trail pack, or pockets:
 - Spare innertubes (2x)
 - Tire lever (≥ 2)
 - Multi-tool (hex/Allen keys, flathead, Phillips head, chain breaker)
 - Pocket pump or CO2 canister(s) and inflator
 - Innertube patch kit and \$1-bill
 - Spare “quick link” (in case your chain breaks)
- Tell someone where you’re going!
- Make sure your tires are pumped up!

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- Full-face helmet (if things get gnarly...)
- Goggles
- Extra food and water
- Elbow-, knee-, and/or shin-pads
- Full-fingered gloves
- Whistle – in case you need help!
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- Water
- Flat kit
- Cell phone/wallet (ID, payment methods)
- Sunglasses (spare contact lenses)
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For cold days

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- Jacket
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