



TrekByBike.com - MTB Ride Packing List

BICYCLE GEAR

- Water bottle or Camel Pack
- Pump (optional Air Cartridges and dispenser assembly)
- Compass (handle-bar mounted)
- Bicycle computer(s)

TOOLS and SPARES

- Compact screwdrivers to fit bike
- Allen wrenches to fit bike parts
- Chain tool
- Tire irons/levers
- Spoke wrench
- Spare tube
- Tube patch kit
- Disposable vinyl/latex gloves (few pairs)
- Plastic zip-ties (various sizes)

FIRST AID

- Antibiotics and antiseptics
- Pain relievers/anti-inflammatory
- Sterile band-aid/strips
- Pencil/pen and paper
- Emergency Phone Numbers

CYCLING CLOTHING AND PROTECTIVE WEAR

- Bike helmet
- Sunglasses (designed for cycling)
- Headband/sweatband
- Warm headband/sweatband
- Cycling gloves

PERSONAL ITEMS

- Personal medications/prescriptions
- Feminine hygiene
- Lip balm and sunscreen (SPF 30+)
- Body sunscreen cream (SPF 30+)
- Driver's license
- Credit card
- ATM card
- Money
- Cell phone

MISCELLANEOUS:

- Multi-tool knife
- Insect repellent
- High energy snacks
- Digital camera and spare batteries or regular 35mm camera
- Extra memory cards (for digital camera) or film