

# Mountain Biking Gear Checklist for Beginners

Mountain Bike Essentials	
<input type="checkbox"/> Mountain Bike	<input type="checkbox"/> Helmet
<input type="checkbox"/> Pedals	<input type="checkbox"/> Water Bottle + Hydration Pack
<input type="checkbox"/> Performance Snacks	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Bike Gloves	
Valuable Add-Ons	
<input type="checkbox"/> Bike Bags	<input type="checkbox"/> Spare Tube
<input type="checkbox"/> Zip-ties	<input type="checkbox"/> Lubricant
<input type="checkbox"/> Spare Tire (if touring)	<input type="checkbox"/> Replacement Chain Links
Personal Items	
<input type="checkbox"/> Chapstick	<input type="checkbox"/> Toilet Paper + Tissues
<input type="checkbox"/> Small Towel + Wipes	<input type="checkbox"/> Anti-Chafe Cream
<input type="checkbox"/> Sunscreen + Bug Spray	<input type="checkbox"/> Trail Map + Permit
<input type="checkbox"/> Camera	<input type="checkbox"/> Cell Phone
<input type="checkbox"/> Cash + Credit Card	<input type="checkbox"/> ID + Medical Card
Repair Tools	
<input type="checkbox"/> Tubeless Repair Kit + Patch Kit	<input type="checkbox"/> CO <sub>2</sub> Inflator (With Cartridges)
<input type="checkbox"/> Multi-Tool	<input type="checkbox"/> Wrench
<input type="checkbox"/> Pressure Gauge	<input type="checkbox"/> Chain Tool
<input type="checkbox"/> Assorted Nuts and Bolts	<input type="checkbox"/> Duct Tape
Safety and Protection	
<input type="checkbox"/> Lights + Reflectors	<input type="checkbox"/> Elbow Pads + Shin Guards
<input type="checkbox"/> Whistle	<input type="checkbox"/> Bike Lock
<input type="checkbox"/> Compass	<input type="checkbox"/> GPS
<input type="checkbox"/> First Aid Kit	
Clothing	
<input type="checkbox"/> Jersey or Top	<input type="checkbox"/> Bike Shorts
<input type="checkbox"/> Base Layers	<input type="checkbox"/> Rainwear
<input type="checkbox"/> Windbreaker	<input type="checkbox"/> Shoes + Socks
<input type="checkbox"/> Bandana	