



Gear List

Must Have

- ✓ Mountain bike
 - Proper size
 - In good working order
- ✓ Helmet (< 5 years old)
- ✓ Water bottle / hydration pack
- ✓ Closed-toe shoes
- ✓ Headlight (depending upon daylight)

Should Have

- ✓ Spare tube
- ✓ Multitool
- ✓ Tire levers
- ✓ Quick link for chain
- ✓ Pump or CO₂ cartridges
- ✓ Pack for gear
- ✓ Cycling gloves
- ✓ Nutrition (snacks or gels)

Nice to Have

- ✓ Eye protection
- ✓ Proper cycling clothing (shirt / shorts)
- ✓ Bug spray & sunscreen
- ✓ First Aid