

# MOUNTAINBIKE PACKLIST: ONE DAY TOUR



## Essential Mountainbike Equipment And Protectors

- Mountainbike
- Mountainbike shoes
- Helmet
- Knee / elbow pads

## Mountainbike Clothing

- Short or long-sleeve bike jersey
- Packable rain jacket / windbreaker
- Bike Shorts
- Base layer
- Padded inner shorts
- Bike socks
- Extra base layer (merino)
- Headband / beanie / cap
- Gloves
- Arm & leg warmers

## Mountainbike tools for repairs

- Multi-tool
- Patch kit
- Tire pump or CO2 tire inflator
- Master link
- Tire lever
- Shock pump
- Zip Ties
- Pocket knife
- Wrench

## Spare parts and bike accessories

- Spare tube
- Headlight / headlamp
- Derailleur hanger
- Spare spokes with nipple

## Food and hydration

- Water bottle / hydration bladder
- Snack

## Personal items

- Phone
- Money & credit card
- First-aid-kit
- Sunglasses / goggles
- Sunscreen
- Map & GPS
- ID & emergency info
- Dry bag
- Chamois cream
- Insect repellent

