

# MOUNTAINBIKE PACKLIST:

## AFTER WORK RIDE



### Basic 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
- ☐ Gloves

### Mountainbike tools for repairs

- ☐ Multi-tool
- ☐ Patch kit
- ☐ Tire pump or CO2 tire inflator
- ☐ Master link
- ☐ Tire lever

### Spare parts and bike accessories

- ☐ Spare tube
- ☐ Headlight / headlamp

### Food and hydration

- ☐ Water bottle / hydration bladder
- ☐ Snack

### Personal items

- ☐ Phone
- ☐ Money & credit card
- ☐ First-aid-kit
- ☐ Sunglasses / goggles

