

MOUNTAIN BIKING PACKING LIST

GEAR

Personal

- BICYCLE
- HELMET!**
- Trail maps
- Eye protection / sunglasses ²
- Camelback or other hydration
- Water bottles
- Biking gloves
- Tools (see [BICYCLING 101](#) list)
- Spare tube
- Frame air pump
- Floor air pump
- First aid kit / bandages / tape

Food

- Snacks/energy bars for trail
- Lunch
- Water jug
- Cooler

Miscellaneous

- Bike lock
- Compass
- Whistle
- Two-way radios
- Batteries
- Camera / case
- Film

CLOTHING

Underwear

- Underwear / bras
- Socks – biking

Outerwear

- Wicking shirts/jerseys to wear biking ¹
- Padded bike shorts/tights
- Rain gear
- Liner gloves if cold weather

Shoes

- Biking shoes
- Casual shoes or sandals (to wear before/after)

Other

- Swimwear, if necessary
- Towel
- Wash cloth
- Clothing to change into
 - shorts/pants
 - shirts
 - jacket
 - socks
 - underwear/bra
 - hat (optional)

IF CAMPING, CONSIDER...

Essentials

- Toilet paper
- Towel / wash cloth
- Small wash basin (if no showers)
- Biodegradable soap (campsuds)
- Anti-bacterial lotion
- Lip balm
- Toothbrush / toothpaste
- Comb / brush
- Ear plugs (if snoring bothers you)
- Meds / vitamins
- Sunglasses / accessories
- Sunblock
- Bug spray
- Eye lubricant
- Anti-itch ointment

Sleeping

- Tent / ground cloth
- Sleeping pad
- Sleeping bag
- Pillow

Other Gear

- Headlight
- Headnet
- Camp chair
- Reading material

Eating — Personal

- Food
- Beverages
- Bowl / Mug / Utensils
- Sharp knife
- Energy bars / snacks

Eating — Group

- Stove
- Fuel bottles
- Cookset
- Coffee pot
- Matches & lighter
- Large water jug(s)
- Paper towels

Group Gear

- Tarp
- Candle lantern
- Deck of cards
- Frisbee
- Misc. rope and straps
- Garbage bags
- Ziplocks

¹ Something with sleeves so you don't get scratched up by branches/brush/road rash.

² Consider clear glasses or ones with interchangeable lenses because it gets dark in the woods.

