

Mountain Bike Day Trips

Be prepared when you go on your next mountain bike ride. Here's a suggested list of items that you'll want to consider carrying with you

- Mountain Bike
- Helmet
- Gloves
- Clothing (Be sure to take at least a wind shell or rain jacket in the event the weather changes)
- Food (Snacks, energy bars)
- Water or Sports' Drink (At least 6 ounces for every 2 hours)
- Sun Screen
- Sun Glasses
- First Aid Kit (See [Lightweight First Aid Kit](#))
- Headlight (for longer rides)
- Matches & Fire starter in Waterproof Container (Hey, it's light & could be a life-saver)
- Space Blanket (The kind that packs down to the size of a bar of soap)
- Extra Tube
- Patch Kit (glue or adhesive patches, patches, sandpaper)
- Tools:
 - 6, 8, 10 Hex Wrench Set,
 - Duct Tape
 - Chain Tool
 - Adjustable Wrench
 - OR Combination Tool like a "Cool Tool"
 - Quarter for Telephone (Just in case!)

Before Getting Underway:

- Check Wheels (Spin wheels and make sure they are true)
- Check Quick Releases (Quick releases should be tight)
- Check Headset (Make sure headset is free of sand and not sloppy)
- Check Brakes (Brakes should pull correctly and pads should be aligned on rim)
- Check Peddles (Shake peddles & make sure they are secure)

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