

Mountain Bike Equipment Gear List

The following list is a guide in helping you prepare for an off-road bike ride. The off-road cyclist must be well prepared and self sufficient. The cool thing about mountain bikes is that they can carry you into the woods quickly. However, if something goes wrong you could be too far in to walk out before dark. It's also advisable to have some basic bike maintenance skills. The following links lead to resources for basic bike maintenance workshops and classes:

Bicycle Transportation Alliance
<http://www.bta4bikes.org/resources/>

REI-Portland Store
<http://www.rei.com/stores/13>

REI-Hillsboro Store
<http://www.rei.com/stores/89>

REI-Tualatin Store
<http://www.rei.com/stores/36>

Community Cycling Center
<http://www.communitycyclingcenter.org/index.php/programs-for-adults/>

Clothing

- Cycling shorts (optional)
- Shorts or capris (not jeans)
- Cycling jersey, or synthetic top
- Sturdy shoes
- Windbreaker
- Rain shell (optional)

Freshly Tuned Bicycle:

- Tight bolts
- Inflated tires
- Operational brakes & shifting

Tools/Gear

- Tire irons
- Crescent wrench
- Spare tube
- Allen wrenches
- Patch kit

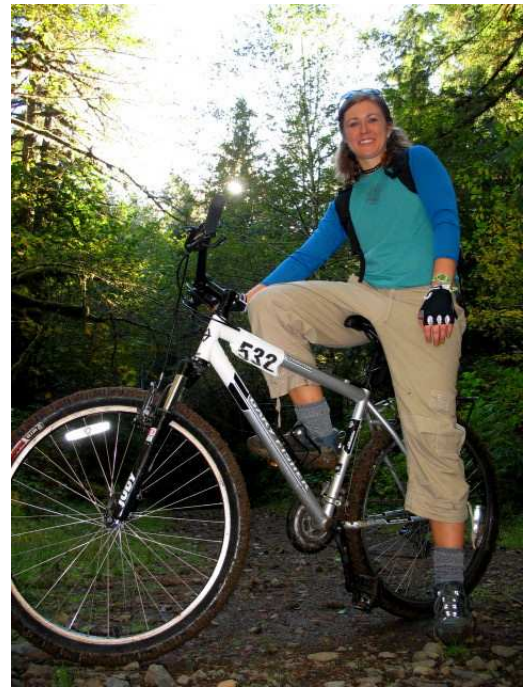
- Portable tire pump
- Chain removal tool
- Spare parts
- Spoke wrench
- Well maintained bike
- First aid kit
- Gloves & Helmet
- Fire starter
- Sunglasses, sunscreen, lip balm
- Light (headlamp, batteries)
- Food
- Map
- Water
- Flat tire repair kit
- Money, car keys
- Camera, batteries

shops/events/teams/maps/legal:

<http://bikeportland.org/>

Northwest Trail Alliance:

<http://www.nw-trail.org/maps>



Mountain bike excursion at
*Silver Falls State Park,
Sublimity, Oregon.*