3-Day Mountain Bike Packing Checklist

Bike prep

- [ ] Sealant checked or topped up
- [ ] Brake pads checked
- [ ] Suspension set up for the terrain
- [ ] Chain, cassette, and hanger checked
- [ ] Stem, rotor, pedal, and axle bolts torqued

In your pack

- [ ] Multi-tool with chain breaker
- [ ] Tire plugs
- [ ] Mini pump or CO2
- [ ] Quick link
- [ ] Spare tube
- [ ] Small first aid kit
- [ ] Water and electrolytes
- [ ] Snacks, sweet and salty
- [ ] Offline maps downloaded

Off the bike

- [ ] Clothes for after the ride
- [ ] Sandals
- [ ] Foam roller or massage ball
- [ ] Bluetooth Speaker
- [ ] Sunscreen and bug spray

Before you go

- [ ] Trail pass purchased
- [ ] Download trailforks or other maps

Riding kit

- [ ] Riding shoes, plus a backup pair
- [ ] Gloves, 2 to 3 pairs
- [ ] Shorts and liners, one set per day
- [ ] Jerseys, one per day
- [ ] Light shell
- [ ] Warm layer
- [ ] Helmet(s) - Half Shell / Full face
- [ ] Glasses
- [ ] Knee pads
- [ ] Socks, extra
- [ ] Chamois cream

In the car

- [ ] Floor pump
- [ ] Shock pump
- [ ] Spare derailleur hanger
- [ ] Extra brake pads
- [ ] Spare tire
- [ ] Chain lube
- [ ] Zip ties and electrical tape
- [ ] Rags
- [ ] Chargers for electronic shifting or e-bike
- [ ] Rack key and axle adapter
- [ ] Cooler

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