

## Appendix D: Mountain Bike Kit Checklist

The checklist is a minimum standard of the items mentioned in the first part of the book.

### Mountain Bike Specific Kit

Some additional kit, plus the helmet and gloves, that you will need to consider then is

	All-Terrain (Mountain) Bicycle (probably 21 (or more) Speed Gears)
	Strong and lightweight frame
	Good appropriate tyres
	Padlock (a way to secure your bike)
	Red rear reflector
	Tail light/s / Rear Flashing Red Light
	Head lights / Dual headlight system
	Bicycle Repair and maintenance kit

### Optionally consider

	Front shocks (Hard Tail) – or full suspension
	Panniers, Rear cargo rack, Rack Pack
	Toe Clips or Power Grips (or clipless pedals and compatible biking shoes)
	Horn / Audible warning device
	Cyclometer (Speedometer/odometer)
	Consider puncture resistant tire treatment (i.e.. Slime (TM))
	Some Medical Response & SAR Teams have 'Emergency Lights and Sirens'

### Min Bicycle Repair Kit:

	Tire pump (there are many types including CO2 gas pumps)
	Bicycle Multi-tool
	Headset wrench
	Tire levers (min. of 2)
	2 patch kits

### Preferred Bicycle Repair Kit

As minimum above and add

	2 spare tire tubes
	Spare tire
	Bottle of synthetic bike lube
	Spoke tool*
	Chain link tool*
	Spare spokes
	Spare chain links and pins

\*If not part of multi-tool.