

Some of you requested a list of biking gear that we would suggest. We have categorized the gear into three categories: **Need to have...**, **Should have...** (optional, but, we suggest you get), **Can have....** (may want in the future, advanced riders, not necessary to start). We have provided a few pictures depicting what some of the gear may look like, these are not brand specific or style specific. Ask at the bike shop if you need assistance or one of the coaches will be glad to help.

**Need to have:**

- Bike- contact coaches if you need a bike and have not contacted them already.
- Helmet- Should be less than 5 years old and meet one of the five safety certifications.
  - ANSI
  - Snell
  - ASTM
  - CPSC
  - CE EN1078
- Sneakers- no flip flops for riding
- Water bottle or Hydration system- you need to be able to carry water for yourself.

**Should have:** (The pictures are just examples, you may get other brands or styles; prices are approx.)

Hydration system- Camelbak or other brand, they are great for carrying other things as well; like tool kit, tubes, food

Spare tube- please get the correct size for your bike's wheel size (24", 26", 27.5", or 29") look on the tire if you aren't sure

Tire Levers (if multitool doesn't have them)

Small multi-tool kit- good for fixing gear on the trail, fits into backpack

Biking shorts– Tight shorts with padding, they may be worn under regular shorts if you don't like the look of the tight shorts.

-There are mountain specific shorts (baggies)- they are good as long as they have padded inserts.

Gloves– Full or Half finger gloves are ok. They are good for beginners in case you fall. Coach Leary has a great resource for cheap, but good alternatives to cycling specific gloves. Work gloves from Harbor Freight.



Camelbak- \$60-100



\$4-10



\$20-40



\$20-120



\$15-50



\$5-120

Glasses– No Sunglasses! Changing light conditions in the woods make sunglasses dangerous. Clear, lightly tinted, or yellow lenses are best for mtb. riding.

Sunscreen– SPF 30 or higher

Bug Spray– Preferably containing DEET, we have ticks at the practice area. We will have some if you forget.

**Can have...(very optional, more advanced, not necessary)**



\$50-300

Riding shoes– provide stiffer soles for better transfer of energy, You may ride with shoes and not clipless pedals.



SPD style



“Eggbeater” style

\$35-150

“Clipless” pedals– the riding shoes are bought when you put these pedals on. We would suggest talking to the coaches before you go out and buy them.



\$40-200

Heart Rate Monitor– monitor your fitness progress in relation to your heart rate.



\$30-200

Bike computer– These often track MPH, Avg. Speed, Distance, Elapsed Time.

Most of the time– FREE!!! Yay!

Tracking programs for your phone– Strava, Runtastic MTB, etc.



\$60-300

Trainer– for riding your bike inside when the weather doesn’t permit you to ride outside, for training in the off season. If you’re going to use your mtb on it, make sure that it fits on the trainer before buying.