

# 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 in a fanny pack.

- 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 12 ounces for every 2 hours)
- Sun Screen
- Sun Glasses
- 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"
- Cell phone

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