

Before You Go: What to Bring

One great resource is this video by Rebecca Rusch and what she brings on rides:

https://www.youtube.com/watch?v=s7HnJy_KDYQ

Also, here's a quick list of what coach Grace brings on rides, especially for longer backcountry rides, consider the list below. Might keep you safer, warmer, home earlier and out of trouble with your folks.



What's on me!

Helmet

LCHS Jersey of course!

Riding shorts

ANSI rated eyewear (Sun Glasses)

Gloves / Headband

MTB Shoes

Camelbak type hydration backpack
extra water bottle to clean/squirt wounds.

In the bag

Water - 1 - 2 liters (1 for Brown 2 if you go to Mt Wilson)

Sun Screen

BeFree Water Filter - If you are going further consider bringing a BeFree water purifier

(https://www.katadyn.com/us/us/14946-8019639-katadyn-befree-0.6L_usa)

Jacket - Riding

Arm warmers

Extra Food 2-3 bars

Extra glasses if you wear them or readers

Sun Screen

Lip Balm

Light or Headlamp - small - you just never know.

Pump - I wrap this w/ electrical and gorilla tape! Yes- I have used the tape this season!

In the Tool Bag

Multitool w/ Chain tool

CO2 20 - 25Gms (16 is too small for MTBs) x 1 or 2 - because pumping takes awhile

CO2 inflator Tool

2 Tire spoons - Pedro's is the best! Your choice of colors too!

Chain links for your chain - get the right one for you chain 11 or 12 speed.

Small pliers/knife - I carry a Leatherman Squirt

(https://www.leatherman.com/squirt-ps4-22.html?dwvar_22_color=12&cgid=multi-tools#prefn1=sizecategory&prefv1=Keychain-Size&expanded=sizecategory&start=1)

Extra shifting cable

Extra derailleur hanger for your bike

Spare tube / correct wheel size & stem height to accommodate your rim.

Extra lube

Zip Ties

Communication Devices

See Info above

Med Kit - (doesn't have too big - just a few items)

Triangle bandage

Gauze

Band-aids 1 & 2" strips

2" self-adhesive wraps to keep gauze in place.

Emergency blanket

Extras - (upper left corner of the photo above).

Showercap - found in most hotels - super light - but will help keep your head warm in an emergency situation

Plastic gloves - great for underneath your own gloves especially on cold descents when your MTB gloves are wet.