

Downhill Mountain Bike Gear and Essentials Checklist

Print this for each family member who needs help packing

Name _____

- ☐ Lift ticket or season pass
 - ☐ Bike
 - ☐ Helmet - both half shell and full face (bc downhill parks have some trails that are lift serve and some that are back country)
 - ☐ Bike shoes
 - ☐ Bike shoe bag (optional, used to keep dirty or wet shoes segmented from clean or dry clothes)
 - ☐ Full finger gloves
 - ☐ Knee pads
 - ☐ Elbow pads
 - ☐ Chest plate
 - ☐ Neck brace
 - ☐ Goggles
 - ☐ Sunglasses (optional but nice when off bike on sunny days)
 - ☐ Riding specific socks
 - ☐ Bike pants or shorts
 - ☐ Long sleeve bike shirt
 - ☐ Padded chamois (if pants or shorts are not padded)
 - ☐ Pocket snacks
 - ☐ Pocket packet of OTC pain med (optional)
 - ☐ Hydration pack (if park does not provide water stations)
 - ☐ Sunscreen
 - ☐ Bug Spray (or wipe packet)
 - ☐ Lip Balm
 - ☐ Tampons and panty liners (for girl riders)
 - ☐ Money/pay app/cash

- ☐ Garmin or Strava app
- ☐ iPhone
- ☐ iPhone cord and charger or spare battery
- ☐ Multi-tool
- ☐ GoPro camera (optional)
- ☐ Vrbo or hotel room key or code (take a picture if necessary)
- ☐ A day backpack or fanny pack for car key, bike rack key, roof top carrier or locker if day tripping
- ☐ Lunchbox with ice pack and/or water bottle and snacks

Other to do's:

- ☐ Put the bike rack on your car (may need help so timing of that is key)
 - ☐ Load car top carrier (may need help so timing of that is key)

Before each bike season:

- ☐ Get bike(s) tuned up

For growing kids check the following fit points based on height, weight, arm, leg and finger length:

- ☐ Seat height
 - ☐ Stem length
 - ☐ Handle bar width
 - ☐ Brake placement
 - ☐ Brake lever setting
 - ☐ Tire pressure
 - ☐ Front shock compression and rebound
 - ☐ Rear shock compression and rebound
 - ☐ Helmet fit
 - ☐ If child has outgrown bike or helmet, buy, borrow or rent next size up and go over fit

DownhillFamily.com