

Pine View MTB 2022 Equipment Checklist

Instructions:

Bring all Equipment listed below to the Equipment Check Meeting to be signed off by one of our coaches. Once completed you will be eligible for pre-season practices and events.

Student Name: _____

Parent Name: _____

Required Items:

- ☐ Mountain Bike (tuned up and ready to ride)
- ☐ Bike Helmet (properly fitted)
- ☐ Gloves
- ☐ Closed-toe Shoes
- ☐ 2 x Tubes (even when riding tubeless, correct size)
- ☐ Hand Pump
- ☐ Patch Kit
- ☐ 2 x Tire Levers
- ☐ Multi-tool
- ☐ Chain Breaker (may be on Multi-tool)
- ☐ Spare Quick Link (correct size for chain)
- ☐ Hydration Pack
- ☐ Hydration Bladder w/100 oz of water (may supplement with water bottles)
- ☐ Required Medications (Epipen, inhaler, etc)
- ☐ Nutrition (something simple like granola bars or gummi bears are fine)

Recommended Items:

- ☐ Eye Protection
- ☐ Spare Derailleur Hanger

Notes

Coach Signature
