

MOUNTAIN BIKE AND EQUIPMENT CHECKLIST



Mountain Bike trails, no matter what grade, are tough, challenging and can be physically demanding on both your body and bike.

Check the bike and any protection equipment at the store BEFORE setting out on any ride. Check the bike and any protection equipment for any damage after each run on a trail, and especially after a crash no matter how minor.

- Helmets are mandatory. Ensure that your helmet is in good condition and properly adjusted to fit your head securely; we highly recommend the use of full face protection helmets. Body armour, goggles & gloves are also highly recommended.
- Inspect bike frame for cracks, damaged or dented areas.
- Ensure you have sufficient brake pads to stop your bike while descending; two working brakes are mandatory, and we highly recommend disc brakes for improved control.
- Front and rear axles (quick release or bolt through type) should be tight.
- Headset and stem must be secure with no looseness or play.
- Check that your tyres are in sound condition, with plenty of tread and no cuts or abrasions in the sidewall and that rims show no cracks or signs of weakness, and all spokes are tight and intact.
- Handlebar and handlebar grips must be tight and unable to spin.
- Seat and seat-post need to be fastened securely.
- Suspension should be in good working order with no leaks or loose parts.