

Trail Bike Ride Check List

This is not intended to be an all inclusive list and may contain items that are not relevant to your particular ride, however, it should assist in planning for a safe, comfortable and enjoyable ride.

Planning:

- I have:
- A detailed map marked with intended route of travel;
 - Completed the Trail Bike Ride Itinerary and left with someone who cares about my welfare;
 - Gained permission from the relevant land owners of the properties I will be travelling on;
 - Obtained permits to traverse if required;
 - Checked the weather forecast;
 - Sourced local knowledge of the area I will be travelling in;
 - Entered my ICE (In Case of Emergency) contact into my mobile phone under the entry ICE – Name of Contact;
 - _____
 - _____
 - _____

Riding Gear:

- I have:
- Checked that my riding gear including boots and gloves are in good condition;
 - Checked that my helmet is in good condition;
 - _____
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 - _____

Machine:

- I have:
- Washed my bike** so its easier to check its condition;
 - Checked that there are no cracks in the **frame** or loose bolts;
 - Checked that the **handle bars** are straight and the **grips** are secure;
 - Checked that my **lights** are in working order;
 - Checked that there are no **fluid** leaks;
 - Checked that the **front fork** and **shocks** are in good working order;
 - Set my **suspension** to suit my weight and riding style;
 - Checked the tread condition of my **tyres**;
 - Checked **tyre pressure** and set correctly;
 - Checked that I have no loose or broken **spokes** or cracks in **hubs** and **rim**s;
 - Checked that there is no free play in the **wheel bearings**;
 - Checked that the **wheels** turn freely;
 - Checked that the **chain** and **sprockets** are not worn;
 - Lubricated the **chain** and checked the **master link** condition;
 - Checked the **brakes, control levers, pads** and **shoes**;
 - Checked the **hydraulic fluid** levels;
 - Checked that **brake rotor/drums** are not cracked or worn;
 - Checked that all **cables** operate smoothly;
 - Checked for **oil** leaks;
 - Altered **jetting** to suit altitude if necessary;
 - Checked and changed **oil** and other fluids if necessary;
 - Checked that the **air filter** is clean and oiled;
 - Checked that the **throttle** is self returning and works in any bar position;
 - Checked that the **spark plugs** are clean;
 - Checked that **the exhaust pipe, muffler** and **spark arrestor** are in good condition;
 - Checked that my bike is not too noisy;
 - _____
 - _____
 - _____

Tools:

I have packed :

- Adjustable wrench big enough to fit on axle nuts;
- Open ended or box wrenches of appropriate size to suit my machine;
- Flat and Phillips head screwdriver;
- Spark plug wrench;
- Set of pliers or vice grips;
- Pocket knife;
- Tyre irons;
- Air pressure gauge and pump or air pressure cartridge;
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Spares:

I have packed:

- Patch kit including 1 or 2 tyre patches;
- Nylon zip ties and safety wire;
- Hose clamps small and large;
- Headlight bulb;
- Spare master link for chain;
- Nuts and bolts to suit my bike;
- Spare clutch and brake levers;
- Front inner tube (can also be used on rear in emergency);
- Silicon or quick set epoxy glue;
- Duct tape;
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Supplies:

I have packed:

- First Aid Kit including space blanket;
- Waterproof matches and lighter;
- Drinking water;
- High energy food;
- Map, compass and signal mirror;
- Rain jacket;
- Tow strap;
- Pencil and paper;
- Compact torch and batteries;
- Toilet paper and hand trowel (for burying toilet waste);
- Glow sticks for signalling and using as a night location indicator;
- Mobile phone and spare fully charged battery;
- Hat;
- Copy of my Trail Bike Ride Itinerary and detailed map of route of travel;
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