

SSMBT Equipment List

These are the items that every athlete should have on their bike or at home. There are links to examples of each of these, but there are a ton of options that will work. Let your coach know if you have any questions on what to get.

Fix Kit

This should always be carried with you at practices. We can talk about pairing it down for races. You can carry these in a [saddle bag](#), hydration pack, or a pocket.

- [Spare tube](#)—make sure valve type fits your wheels
- [Pump](#) OR [CO2](#) with [head](#) (make sure it is compatible with your valve type, presta or schrader)
- [Patch kit](#) (for tubes) OR [tire plugs](#) (for tubeless)
- [Tire levers](#)
- [Multi-tool](#) (suggested with a [chain breaker](#) for High School athletes)
- Master link (eg, [this 12 speed](#), chain speed specific!)

Home Kit

Clean and lube your drivetrain before every ride. It takes about 20 seconds and will greatly improve your shifting and extend the life of your drivetrain by years.

- [Chain brush](#)
- [Chain lube](#) get a dry or wax based lube, do not use standard WD40!
- [Floor pump](#) (optional), you can also arrive a few minutes early to practice and check your tire pressure