



# Starter Pack

## Mt Biking

### Mt Bike



- Hard Tail (front suspension)
  - Full Suspension (front/back suspension)
  - 29" tires is the new thing- easier to ride over junk and better grip
  - Get good components (brakes, shifters, derailleurs, shocks): Shimano, SRAM, Fox, RockShocks
  - Get fitted in a bike shop regardless of where you buy
- Brands: Cannondale, Scott, Giant, Specialized, Kona, Trek, Ibis, Santa Cruz**

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike>

### Helmet



- Snug fit around head and easy adjustment
- Easy chin strap adjustments
- Full coverage low on the back of the head
- Pricy helmets have "Rotational Impact Protection Systems"

**Brands: Specialized, Smith, Bell, Fox**

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike-helmet>

### Gloves



- Full finger provides more protection
- Fit is important
- Padding on knuckles

**Brands: Giro, Dakine**

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike-gloves>

### Bike Pump/Kit



**Brands: Pumps – Topeak, Lezyne; Kits - Crankbrothers, Bikehand**

<https://www.outdoorgearlab.com/topics/biking/best-frame-pump>

<https://saferoad.org/best-bicycle-tool-kit/>



### Shoes

**Brands: Pearl Izumi, Giro, Ride**

- Velcro vs Laces
- Solid soles for more power transfer
- Clipless better for new riders

<https://www.outdoorgearlab.com/topics/biking/best-mountain-bike-shoes-womens>