

Bike Maintenance Checklist

Routine bicycle upkeep covering tires, brakes, chain and drivetrain, gears and cleaning, organized into regular and periodic tasks.

Tires & Wheels

- ☐ Check tire pressure and inflate to the sidewall range
- ☐ Inspect treads and sidewalls for cuts, wear or embedded debris
- ☐ Spin each wheel and check it runs true without wobble
- ☐ Squeeze spokes for even tension and loose ones
- ☐ Check quick-release or thru-axle skewers are tight
- ☐ Confirm wheel hubs spin smoothly without play

Brakes

- ☐ Test both brakes for firm, responsive feel
- ☐ Inspect pad wear and replace before the wear line
- ☐ Check rim or rotor surfaces for wear or contamination
- ☐ Confirm pads align and clear the rim or rotor
- ☐ Check cables or hydraulic lines for fraying or leaks
- ☐ Adjust lever reach and cable tension as needed

Chain & Drivetrain

- ☐ Wipe the chain clean and remove built-up grime
- ☐ Apply chain lube, then wipe off the excess
 - Use wet lube for wet conditions and dry lube for dusty ones
- ☐ Measure chain wear with a chain checker and replace if stretched
- ☐ Inspect cassette and chainring teeth for wear or hooking
- ☐ Check the cranks and pedals for play
- ☐ Confirm the bottom bracket spins smoothly

Gears & Shifting

- ☐ Shift through all gears and check for smooth changes
- ☐ Adjust derailleur cable tension to fix slow shifts
- ☐ Set the limit screws so the chain does not overshift
- ☐ Inspect shift cables and housing for friction or rust
- ☐ Check the derailleur hanger is straight

Frame & Components

- ☐ Check the headset for play by rocking the bike with the brake on
- ☐ Confirm stem and handlebar bolts are torqued correctly
- ☐ Check the seatpost and saddle are secure
- ☐ Inspect the frame for cracks, dents or paint stress lines
- ☐ Service suspension forks or shocks per the maker's schedule

Cleaning & Storage

- ☐ Wash the frame with mild soap and rinse gently

- ☐ Degrease and clean the drivetrain
- ☐ Dry the bike fully to prevent rust
- ☐ Re-lube the chain and pivots after washing
- ☐ Store indoors and keep tires inflated during downtime