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