

Grease, lube, Solvents, and Cleaners

Type of Grease	Application	Type of Lube / Oil	Application
lithium grease, white is best in squeeze tube	all bearings , seat posts, stems, skewers(all along the shaft and threads)	Boeshield T.9 *	drive chain derailleur brake cables shift cables caliper pivots seat post spoke nipples inside the frame
waterproof wheel bearing grease		Phil Wood Tenacious Oil or other lube (not grease)	
teflon based high temp grease		Tri-Flow Superior Lubricant	multi-purpose lubricant. YOU can lube more than just your chain, you can lube your cables, derailleurs, etc. Frees seized parts. (attracts dirt)
Super-Web Grease		Parks synthetic lube (with teflon)	chain
Phil Wood grease		motor oil	don't use on bikes - corrosive
finish-line-synthetic-grease-tube-3.5-oz		3 in 1 oil	temp chain lube (use in emergency - doesn't last long)
		Finish Line Cross Country	chain lube
		http://www.thebigbearringstore.com/servlet/the-1770/Sprayon-Moly-Roller-Chain/Detail	It foams into the chain to penetrate the links. Then like all oils it evaporates over time, however the "Moly" leaves a residual dry lubricant to extend the life of the application
solvents			
WD40 (or similar)	as a water dispersant		
kroil penetrating oil	helps to free threads		
discount brand brake cleaner at Autozone (check for toxicity - probably not eco or health friendly)	clean chains		