

# Mountain Biking Checklist

## RIDER KIT

Helmet

Biking specific footwear

Knee pads

Bike gloves x2 pairs

Eye protection (sunglasses or clear lenses)

Padded cycling shorts x2 pairs

Waterproof jacket (we hope you do not need it)

windproof gillet

Short-sleeved and long-sleeved cycling tops

Long-sleeved fleece layer or light jacket

Biking socks (at least 3 pairs) - ideally 'quick-dry'

Sunscreen (including one for lips)

Hydration system or water bottles

Any medication you require

Insect repellent (Sting relieving stick with ammonia)

15 litre (minimum) backpack

## BIKE REPAIR ITEMS

Mini pump or CO2 inflator and cartridges

Tire levers

Cycling multi-tool (preferably one with a built-in chain tool)

Chain lube

## RECOMMENDED SPARES

Inner tubes for your wheels x2 (and patch kit)

Specific brake pads

Bike specific rear mech (derailleur) hanger

Chain specific 'quick link'

Gear cable

Wheel specific spare spokes

Tyre for your wheels

## BIKE RECOMMENDATIONS

Tubeless setup are best for the terrain

Dropper seatpost is highly recommended

Professional service must be undertaken prior to trip

## BIKE CHECK

Before packing your bike, it's strongly advised to give it a serious run-over to check it's all working. Check all the screws and the gearing, calibrate the brakes (bleed if necessary), check the spoke tension, and service the suspension. Also ensure that both tires are in good condition and as well as brake pads (front and rear). This should guarantee maximum fun and functionality once you land.

Please follow the above recommendations for your own safety and comfort.