



## **Cycling Packing List**

- A good quality MTB / rent it from us
- Cycling helmet
- Saddle cover
- Bike frame bag (for accessible items)
- Cycle lock

### **Cycling clothing**

- Sunglasses UV protected 2
- U-v protected face buff/ bandana 4-5
- Biking jerseys half sleeve/full sleeve 4
- Biking gloves full/half 2 pair
- Biking shorts padded 4
- Windproof jacket
- Windproof pant
- Cycling shoes 1pair/ sports shoes 1 pair
- Hydration pack 1 (2-3 litre) /water bottles 1
- Cotton socks 6-8 pairs
- Cycling shoes/ sports shoes 1 pair
- Small 20-30 litres backpack 1

### **Camp clothing**

- Woollen cap 1
- Vest 1per 2 days
- Body warmer/thermals 2
- Cotton t-shirts 5
- Fleece/ sweater 2
- Good quality warm jacket/down jacket 1
- Gloves (1 pair fleece + 1 waterproof)

- Underwear 1 per 2 days
- Leg warmer/thermals 2
- Lower 3
- Towel (big + small)
- Socks woollen 2 pair
- Crocs/sandals 1 pair

### **Other mandatory items**

- Head/hand torch with spare batteries (prefer head torch)
- Rain wear/poncho 1 (prefer rain jacket and pant)
- Toiletries (must include sunscreen spf 30+, lip balm, dusting powder, cold cream, mosquito repellent cream)
- Dry bags/ zip lock
- Lunch box with spoon
- Personal medical kit
- Camera-go pro/ dslr (optional)
- Duffle bag/ rucksack (avoid big heavy suitcase)

### **Documents need to carry**

- Original photo identity card with 1 photocopy
- Disclaimer certificate (hard copy)
- Medical certificate