

# Coast to Coast, Scotland: Kit List



## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes (must also suitable for hike-a-bike sections)

Knee pads

Bike gloves x 2 pairs (long finger, not fingerless)

Biking glasses

Padded cycling shorts/ trousers (at least 3 pairs)

Waterproof jacket and trousers

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Buff (neck gaitor)

Warm jacket for the evenings

Biking socks (at least 4 pairs) - ideally 'quick-dry'

Sunscreen (including one for lips)

Hydration system (Camelbak)

Insect repellent (Avon Skin-So-Soft works well!)

Re-usable drinks bottle

20 litre (minimum) daypack with rain cover

Dry bag(s) to separate wet and dry clothes

Extra camera batteries and memory card

## OWN BIKE ESSENTIALS

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Bike specific brake pads (x3 sets)

Bike specific rear mech (derailleur) hanger

Bottle of wet lube

Inner tubes (x4) or bottles of tubeless fluid (x2)

Chain specific 'quick link'

Professional service must be undertaken prior to trip with wet lube on drivetrain

If there are parts unique to your bike, please bring spare(s) of these

## OWN BIKE TYRE RECOMMENDATIONS

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Tubeless tyres are best for the terrain

Front; Maxxis Minion, Ardent or Schwalbe Hans Dampf

Rear; Maxxis High Roller or WTB Vigilante

## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for rental bikes

## NOTES

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A small bottle of detergent for kit hand-washing is recommended

**These items are noted as 'ESSENTIAL' for very good reasons!  
For your own safety & comfort please bring them all.**