

# Norway: 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 + elbow pads

Bike gloves x 3 pairs (long finger, not fingerless)

Biking glasses

Waterproof jacket and trousers

Padded cycling shorts/ trousers + oversHORTS (at least 3 pairs)

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

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

Warm down jacket for evenings

Buff (neck gaitor)

Hat and gloves (wool or synthetic thermal material)

Sunscreen (SPF 30 or more, including one for lips)

Hydration system (Camelbak)

Re-usable drinks bottle

Dry bags to separate wet and dry gear

20 litre (minimum) daypack with rain cover (EVOc ideal)

Extra camera batteries and memory card

Head torch



## OWN BIKE ESSENTIALS

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Bike specific brake pads (x3 sets)

Bike specific rear mech hangers (x2)

Bottle of chain lube

Tubeless tyres

Front tyre: Maxxis Minion, Schwalbe Hans Dampf, or similar

Rear tyre: Maxxis High Roller, WTB Vigilante, or similar

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

Chain specific 'quick link'

Dropper seat post

Professional service, including suspension must be undertaken prior to trip

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

In order to minimise transfer of bio matter please ensure your bike is cleaned thoroughly before travelling to Norway

## RECOMMENDATIONS (PERSONAL CHOICE)

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Enduro-style helmet with removable chin guard

Body protection

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