

# Spain: Kit List

## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Knee and elbow pads

Shin protectors or long socks (for thorn bushes)

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

Biking glasses

Padded cycling shorts/ trousers

Waterproof jacket

Base layers

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Windbreaker

Sunscreen (including one for lips)

Hydration system (Camelbak)

Insect repellent, and bite relief cream

Re-usable drinks bottle

16 litre daypack

Flip-flops

Swimming shorts/ costume

Extra camera batteries and memory card



## OWN BIKE ESSENTIALS

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Bike specific brake pads (x2 sets)

Bike specific rear mech (derailleur) hanger

Bottle of dry lube

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

Chain specific 'quick link'

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

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

## OWN BIKE RECOMMENDATIONS

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Tubeless tyres are best for the terrain

Front; Maxxis Minion or Schwalbe Hans Dampf

Rear; Maxxis High Roller or WTB Vigilante

Dropper seat post

## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for rental bikes

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