

New Zealand: Kit List

PERSONAL ESSENTIALS

Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Knee pads + long socks (to protect from thorns)

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

Biking glasses and sunglasses

Waterproof (Gore-Tex) jacket and trousers

Padded cycling shorts/ trousers + oversHORTS

Warm jacket for the evenings

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Biking socks (at least 5 pairs)

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

Hydration system (Camelbak)

Re-usable drinks bottle

Mosquito spray, and bite relief cream

20 litre (minimum) daypack

Swimming shorts/ costume and flip-flops

Wide brimmed sun hat

Buff (neck gaitor)

Hat and gloves (wool or synthetic thermal material)

Light walking boots for Mount Cook hike



PERSONAL ESSENTIALS CONT.

A small bottle of detergent for kit hand-washing

Head torch

Extra camera batteries and memory card

Sleeping bag liner for Ghost Lake Hut

OWN BIKE ESSENTIALS

Bike specific brake pads (x3 sets)

Bike specific rear mech hangers (x2)

Bottle of dry lube

Tubeless tyres recommended

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

Chain specific 'quick link'

Professional service must be undertaken prior to trip using dry lube

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

Your bike and kit (biking shoes, etc.) must be absolutely **SPOTLESS** to get through customs in New Zealand. It may be a good idea to buy new tyres for the trip to avoid any potential problems at the airport.

RENTAL BIKE ESSENTIALS

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.**