

Chile + Patagonia: Kit List

PERSONAL ESSENTIALS

Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Knee pads + elbow pads

Bike gloves (long finger, not fingerless)

Biking glasses and sunglasses

Waterproof (Gore-Tex) jacket and trousers

Padded cycling shorts/ trousers + overshorts (in bright colours)

Warm jacket for the evenings

Long-sleeved base layers (merino wool ideal)

Short and long-sleeved cycling tops (in bright colours)

Long biking socks (at least 4 pairs)

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

Hydration system (Camelbak)

Any medication you require

Mosquito spray and bite relief cream

20 litre daypack

Swimming shorts/ costume and flip-flops

Wide brimmed sun hat

Buff (neck gaitor)



PERSONAL ESSENTIALS CONT.

Re-usable drinks bottle

A small bottle of detergent for kit hand-washing

Extra camera batteries and memory card

OWN BIKE ESSENTIALS

Bike specific brake pads (x3 sets)

Bike specific rear mech (derailleur) hanger (x2)

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 using dry lube

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

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.**