

E-MTB Spain: Kit List

PERSONAL ESSENTIALS

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



RENTAL BIKE ESSENTIALS

You must bring your own pedals for your rental E-MTB

RENTAL BIKE RECOMMENDATIONS

We recommend you bring your own saddle for your rental bike

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