

# Ecuador: 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

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

Biking glasses

Waterproof jacket

Padded cycling shorts/ trousers

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)

Advil or Ibuprofen for effects of altitude + any personal medication

Mosquito spray, and bite relief cream

Head torch

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

Flip-flops

Buff (neck gaitor)

Snack bars

Re-usable drinks bottle



## OWN BIKE ESSENTIALS

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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'

Dropper seat post

Tyres: Large nobs/tread suitable for aggressive, wet and rooty all-mountain trails. Double casing or extra sidewall protection.

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

## RENTAL BIKE ESSENTIALS

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You must bring your own pedals for rental bikes

## NOTES

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A small bottle of detergent for kit hand-washing is recommended

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