

# Morocco: Kit List

## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Knee pads and elbow pads

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

Biking glasses

Waterproof jacket

Padded cycling shorts/ trousers + overshorts (at least 3 pairs)

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Biking socks, ideally long (to protect from thorns)

Warm down jacket for evenings

Buff (neck gaitor)

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

Hydration system (Camelbak) and water filter tablets

Re-usable drinks bottle

Insect repellent and antibacterial hand gel

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

Extra camera batteries and memory card

Snacks for 6 days riding

Personal toiletries (soap, shampoo, conditioner etc)



## OWN BIKE ESSENTIALS

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Bike specific brake pads (x3 sets)

Bike specific rear mech (derailleur) hanger

Bottle of chain lube

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

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

Chain specific 'quick link'

Dropper seat post

Professional service, including suspension must be undertaken prior to trip

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

In order to minimise transfer of bio matter please ensure your bike is cleaned thoroughly before travelling to Morocco

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