



KIT LIST – GUESTHOUSE ACCOMMODATION

A mountain bike of at least a mid level quality with front shock absorber (can be hired but limited availability).

On the body, in a daypack and/or a small saddlebag:

- Thin shirt with good wicking properties (cotton is not good).
- Long-Johns with good wicking properties
- Jacket of fleece or wool (preferably windproof)
- Good outdoor socks (woolblend)
- Biking or outdoor trousers (strong and fast drying)
- Waterproof jacket (Gore-tex or similar).
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- Biking boots or good walking boots with soft or medium stiff sole.
- Thin leather gloves or fingerless biking gloves.
- Good biking helmet.
- Thin hat or Buff to wear underneath the helmet.
- Body protection (for biking or skiing) is optional.
- Extra gloves or mittens.
- Sandles or neoprene boots for wading rivers (if applicable).
- Sunglasses and sunscreen.
- Camera and spare batteries.
- Pocket knife.
- Toilet paper
- 1,0L waterbottle or camelbag.
- The following tools and spare parts:
 - Pump
 - Multitool with allen keys
 - Chain link extractor
 - Spoke key
 - A rag and brush for cleaning drive train
 - Tyre levers (plastic)
 - Tube of grease
 - Chain lube (you cannot fly in with aerosol ones)
 - 1 rear brake cable
 - 1 rear gear cable
 - Brake blocks (or disc pads) front and rear
 - 2 spokes for front and rear wheels
 - 2 inner tube
 - Puncture repair kit
 - Chain links

In a bag in support vehicle (Duffelbag, Rucksack or similar)

- Extra wicking layer.
- Extra insulating layer (trousers, thin and thick jacket and 3-4 pair of outdoor socks)
- Warm hat or balaclava
- Toothbrush and paste.
- Towel and swimsuit.
- Headlight or flashlight and spare batteries (not neccessary in June and July)
- Most needed spare parts for you bike if of uncommon type.
- A small first-aid kit (especially for blisters and such).
- Some reading material.