



What to bring on a Bike Trip

Appropriate bike (e.g. Mountain bike/Hybrid for off-road; Road bike/Hybrid for on-road) – check trip details

- Backpack (with a liner or heavy duty garbage bag to line pack)
- LED head-torch with spare batteries
- Roadworthy helmet
- Waterproof jacket
- High-visibility clothing (for road rides)
- Bike front and tail-light (particularly for road rides)
- Bicycle gloves
- Sun hat
- Set of thermals
- Warm gloves
- Safety glasses or sunglasses (i.e. clear or dark)
- Bicycle hand pump
- Spare tube to suit your bike
- Puncture repair Kit
- Water bottle or bladder (full)
- Personal First Aid Kit * including personal medication
- Trowel and toilet paper in a plastic bag
- Lightweight food and high energy snacks

Recommended -

- Bike shorts
- Bike shoes or covered-in shoes
- Spare derailleur
- Chain joiner link
- Chain breaker tool
- Multi-tool
- Chain lubricant
- \$5 (emergency fix for a slashed tyre)
- Bike bell
- Chamois cream e.g. bepanthan (especially for longer trips)
- Map (1: 25000 preferred if available)
- Sunscreen

Insect repellent (tropical strength)

A change of clothes to leave in bus/car

NB: Ensure tubes, chain links, and spare derailleurs are all compatible with your bike.