



MOUNTAIN BIKE NEPAL EQUIPMENT LIST

BIKE EQUIPMENT

- MOUNTAIN BIKE
- 2 x KNICKS
- 2 x JERSEYS
- SOCKS (4 - 5 Pairs)
- GLOVES
 - 1 x RIDING PAIR
 - 1 x WARM PAIR
- HELMET
- BIKE PARTS
 - Derailleur Hanger
 - Tubes
 - Brakes
 - Chain Links
 - Dy Condition Chain Oil
- CHAMOIS CREAM
- SUNSCREEN
- CYCLING SHOES

OTHER EQUIPMENT

- SUNGLASSES
- UNDERWEAR (4 - 5 PAIRS)
- THERMALS (2 - 3 PAIRS)
 - LONG SLEEVE TOPS
 - LONG BOTTOMS
- LIGHTWEIGHT FLEECE
- LIGHTWEIGHT FLEECE PANTS
- T SHIRTS (3 - 4)
- TOILETRIES
 - LIGHT TOWEL
 - TOOTHBRUSH AND PASTE
 - LIP AND BODY LOTION
- WALKING / HIKING SHOES
- NEPAL POWER ADAPTER
- POWER BANK
- HEAD TORCH
- CASH AND PHOTO ID
- CAMEL PACK - HYDRATION
- WATER BOTTLE (600ml +)
- SLEEPING BAG LINER
- DEVICE CHARGER & ADAPTER
- DRY BAGS FOR WASHING

BAGS

- DAY PACK - WHAT YOU WANT TO CARRY EACH DAY
- 30L BAG - FOR 3 DAYS FROM LAKE TILICHO TO BESI SAHAR

FIRST AID KIT

- ANTISEPTIC CREAM
- INSECT REPELLENT
- PAIN KILLERS,
- ANTI INFLAMMATORY,
- ANTIBIOTICS
- ALTITUDE MEDICATION AS PRESCRIBED BY YOUR DOCTOR
- DIARRHEA MEDICATION
- CONSTIPATION MEDICATION
- BAND AIDS
- HYDRATION TABLETS/POWDER
- THROAT LOZENGES

WE WILL PROVIDE

- DUFFLE BAG
- HAT
- RAIN JACKET
- LONG SLEEVE SHIRT