

# Nepal: Kit List

## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes

Knee pads

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

Biking glasses

Waterproof jacket and trousers

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 (including one for lips)

Hydration system (Camelbak)

Advil or Ibuprofen for effects of altitude + any personal medication

Mosquito spray, and bite relief cream

20 litre (minimum) daypack

Two-season or down sleeping bag

Flip-flops

Buff (neck gaitor)

Hat and gloves to keep warm during evenings



## PERSONAL ESSENTIALS CONT.

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Swimming shorts/ costume for pool in Pokhara

Head torch

Toiletries (soap, shampoo, toothpaste)

Two passport photos for your visa

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

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'

Professional service must be undertaken prior to trip using dry lube

Dropper seat post

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

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