

# Cairngorms Adventure, Scotland: Kit List



## PERSONAL ESSENTIALS

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Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes (must also suitable for hike-a-bike sections)

Knee pads and biking glasses

Bike gloves x 2 pairs (long finger, not fingerless)

Hand sanitiser and face covering

Padded cycling shorts/ trousers (at least 3 pairs)

Waterproof jacket and trousers

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Buff (neck gaitor)

Warm jacket for the evenings

Biking socks (at least 4 pairs) - ideally 'quick-dry'

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

Hydration system (Camelbak)

Insect repellent (try Smidge!)

Re-usable drinks bottle

16-20 litre (minimum) daypack with rain cover (EVOG ideal)

Dry bag(s) to separate wet and dry clothes

Extra camera batteries and memory card

## OWN BIKE ESSENTIALS

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Bike specific brake pads (x2 sets)

Bike specific rear mech (derailleur) hanger

Bottle of wet lube

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

Chain specific 'quick link'

Multi tool

Tyres: large nobs/tread suitable for aggressive, wet and rooty all-mountain trails. Double casing or extra sidewall protection.

Dropper seat post

Professional service must be undertaken prior to trip with wet lube on drivetrain

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

## NOTES

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

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