

MTB

MTB Packing List Guide		Please note that this is not an exhaustive list - use it as a guide and be sure to bring along other items which you may require - any questions please contact info@twowheeltours.com.au	
<input type="checkbox"/>	Must Bring	<input type="checkbox"/>	What will be available for you:
<input type="checkbox"/>	Bike shoes + helmet	<input type="checkbox"/>	Track pump
<input type="checkbox"/>	Bike - if not hiring	<input type="checkbox"/>	Water
<input type="checkbox"/>	8GB thumb drive for photos - or an i-phone to use Air Drop	<input type="checkbox"/>	Sun Cream
<input type="checkbox"/>	Chain Lube - what you use at home	<input type="checkbox"/>	First Aid Kit
<input type="checkbox"/>	Cycling kits - newish top, knicks and baggy shorts - x 3	<input type="checkbox"/>	Maps
<input type="checkbox"/>	Cycling gilet/vest	<input type="checkbox"/>	Rags
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name	<input type="checkbox"/>	Chain Lube
<input type="checkbox"/>	Extra Rear Derailleur Hanger/Tip	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	Front + rear (both flashing) light - YES - we may be finishing in the dusk/dark/rain/mist - ESPECIALLY for Crankworx!	<input type="checkbox"/>	Tool kit inc Torque Wrench
<input type="checkbox"/>	Gloves - long x 3	<input type="checkbox"/>	CO2 gaskets
<input type="checkbox"/>	Hydra Pack	<input type="checkbox"/>	Wet-wipes
<input type="checkbox"/>	Mini first aid kit including panadol / aspirin / bandaids etc	<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/>	Muesli bars
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano specific	<input type="checkbox"/>	Drink powder
<input type="checkbox"/>	Ride specific socks x 3 - at least x 1 wool for wet weather	<input type="checkbox"/>	Tire boots
<input type="checkbox"/>	Spare tube x 2	<input type="checkbox"/>	Spare tire
<input type="checkbox"/>	Spare tire x 1 - can be a used tire - please arrive w/ a set of newish tires (EU and QT mandatory)	<input type="checkbox"/>	Zip ties
<input type="checkbox"/>	Sun cream / mini sun cream / lip balm / heat balm	<input type="checkbox"/>	Electrical Tape / Box Tape
<input type="checkbox"/>	Sun glasses / clear glasses / wrap around / yellow lens	<input type="checkbox"/>	Shock Pump
<input type="checkbox"/>	Tire boot made by Park Tool or similar	<input type="checkbox"/>	
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/>	What guide will have on rides:
<input type="checkbox"/>	Wind and waterproof jacket - NOTE - Temps at the top of the range can drop 15C in less than 10 mins - it CAN happen so PLEASE carry everything you'll need to get yourselves moving again	<input type="checkbox"/>	2 x tubes
<input type="checkbox"/>	Zip lock bag or mini dry bag for money / phone / ID / business card - for back jersey pocket or hydra pack	<input type="checkbox"/>	Mini-pump
<input type="checkbox"/>	Zip ties & Packing Tape for packing bike for transit	<input type="checkbox"/>	Mini/Multi tool
<input type="checkbox"/>		<input type="checkbox"/>	Tire leavers
<input type="checkbox"/>	Highly Recommended	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	There are stores in all the towns but they are NOT always OPEN - especially when you need them	<input type="checkbox"/>	Tire boot
<input type="checkbox"/>	Butt butter	<input type="checkbox"/>	First Aid Kit
<input type="checkbox"/>	Camera	<input type="checkbox"/>	Quick chain link SRAM / Shimano specific
<input type="checkbox"/>	Arm warmers & arm coolers	<input type="checkbox"/>	Shock Pump
<input type="checkbox"/>	Bag for wet/dirty clothes (plastic bag will do)	<input type="checkbox"/>	
<input type="checkbox"/>	Bars/gels/powder - use what you know, you can't always find the same as 'back home'	<input type="checkbox"/>	If you have a 'one off' bike and you have special nuts/bolts/fixings find some and bring them along - ie seat post bolts for <i>specific</i> bikes
<input type="checkbox"/>	Garmin / GPS tracking device	<input type="checkbox"/>	Lastly anything else you can't live without while on the bike
<input type="checkbox"/>	CO2 head gadget + x 2 canisters, most airlines allow two	<input type="checkbox"/>	
<input type="checkbox"/>	Head sweat / bandana / cycling cap / 'buff' or similar http://www.buffwear.com/	<input type="checkbox"/>	
<input type="checkbox"/>	Brake pads x4	<input type="checkbox"/>	
<input type="checkbox"/>	Mini tube of tire sealant if running tubeless	<input type="checkbox"/>	
<input type="checkbox"/>	Riding specific under shirts	<input type="checkbox"/>	
<input type="checkbox"/>	Swimmers - if in EU Speedos	<input type="checkbox"/>	
<input type="checkbox"/>	Water bottles	<input type="checkbox"/>	
<input type="checkbox"/>	Knee and elbow pads for MTB	<input type="checkbox"/>	

