



Daily mountain bike ride

CLOTHING

- Cycling reinforced trousers
- Compactable down jacket
- Kway
- Earband
- Neck-warmer
- Bike gloves
- Helmet

ACCESSORIES

- Sunglasses
- Camera/ GoPro
- Water bottles
- Maps/GPS
- Mosquito lotion
- Sunscreen
- Small bells (for hunting period and "anti-viper")

FOR THE BIKE

- Repair kit
- Chain and lock
- Front/back lights

OTHER

- First aid kit
- Packed lunch
- Energy bars

My notes:
