

SINGLE TRACK ADVENTURES

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Packing Check List- Mountain Biking

Packing space in the vehicle is limited - please pack light and keep your suitcase to a medium sized bag.

On the Trail	Clothing on the bike (laundry available At Vonnnes Rest)	Other
Tubeless tyres - an advantage when riding these trails	HELMET - no helmet no ride	Bike torch / Headlamp - may need to get early start on certain days
Spare hanger bracket - extremely important	3x cycling shorts with a quality chamois	Toiletries (toothbrush, toothpaste, shampoo, soap, etc)
Spare tubes	3 x cycling shirts/ jerseys	Spare Contacts / glasses / contact solution
Puncture repair kit with gator and plugs	bike gloves - long finger gloves for winter rides	Sun cream
Master link	3 x cycling socks (synthetic or lightweight wool)	Insect repellent (with DEET)
Water proof bag for electronics (cell phone, etc)	Arm warmers (winter)	Chamois crème
CO2 Bottles	MTB shoes (cleated shoes are not recommended for this type of riding)	Personal medications
Medical aid card & emergency contact sheet	Light weight rain jacket	Towels - swimming / beach & bath
Driver licence / ID - for emergency proof of identity	Sunglasses	Ear Plugs - optional (can be useful for light sleepers & your room mates snore)
GPS		Sunglasses
Insect repellent		Rehydrate sachets - good after a long day in the sun
Multi tool		Aqueous cream or E45
Cable ties	Clothing off the Bike	Flight details / boarding tickets
Chain lube		Mobile phone + charger
Lip balm	Slops / Sandals	
Sun cream	Jackets / Jerseys (winter)	
Tyre levers	Warm pants (winter)	
Phone	Swimwear	
Hand pump	Trail shoes that are comfortable to walk/hike in - can double up as riding shoes	
Camera (keep it light)	Waterproof rain jacket	
Hydration pack	Sleep clothes	
Water bottles - recommend 3 litres for summer / 2 litres for winter	T-shirts - long and short sleeved.	
USB battery back-up	Shorts	
Credit card (medical emergency) and cash (spaza shops)	Beanie (Winter)	
	Cap/wide brimmed hat - for sun protection	
	Underwear, socks, & extra clothes - as needed.	

THE BIKE - A fully serviced bike, preferably by a mechanic, with any potential problematic part replaced. Check tyres, brakepads, bled brakes, dropper post, and serviced suspension

We will provide food & drink (Powerade/ Energade) to keep you fuelled on the ride but if you have specific needs ie snack bars/gels ect please bring these along for yourself.

Your ride food pack will consist of a mix of the following - Trail mix / Nougat / Hard boil egg / Bar one / Peanut Butter & Honey Sandwich / Dates / Banana / Salted Potato / Banana Bread

THE ABOVE MAY NOT BE A COMPLETE LIST OF YOUR REQUIREMENTS, PLEASE USE YOUR OWN DISCRETION WHEN PACKING