

## **TRAILFLIX Mountain Bike Trip Essentials**

*Depending on how far, how long, how steep you're planning to ride... consider items on this list...*

### **Consumables**

Water - Sports physiologists recommend between 800ml & 1200ml per hour during exercise depending on your weight and rate of sweat loss

Food - Fresh or dried fruit; energy or muesli bars

### **Spares**

Tube (check valve is same as current tube, rim & pump)

Pump

Patch Kit

Tyre Levers (2)

### **Tools**

Multi-tool - should contain minimum of:

- A Phillips head screwdriver
- A flat head screwdriver
- A T25 star-shaped driver for disc rotor adjusting
- 2, 2.5, 3, 4, 5, 6 and 8mm hex (Allen) key wrenches
- 2 x 8, 1 x 9, and 2 x 10mm box wrenches
- .127", .130" and .136" spoke keys
- A chainring nut wrench
- Chain (breaker) Tool & spare chain link

### **Other Stuff**

Maps - Essential for new trails.

Helmet - Required by law on the roads in Australia. Essential for off-road MTB

Sunscreen - More skin cancer in Australia than almost anywhere...

Rain & thermal wear - In colder months; weather in the mountainous National Parks can change very quickly

### **Optional**

Spare spokes & Spoke wrench

2nd tube

Duck Tape & Zip ties

Bike Seat Bag (to hold tube, tools, emergency \$\$ etc)

First Aid Kit

Mobile phone

Front & rear Lights (if riding before dawn or after dusk)

Bike Lock (if leaving the bike in a public place)

Swiss Army Knife