

Mountain Bike Expedition Kit List

CLOTHING

Got it	Packed it	Item Needed
		1 pair of walking / MTB trainers
		2 pairs of walking / MTB socks
		2-3 t-shirts (synthetic tech t-shirts are ideal)
		Thermal long-sleeved t-shirt (if it's likely to be cold)
		1 fleece tops or similar
		1 pair of trousers (practical trousers for being active, NOT jeans)
		1 pair of shorts (suitable for cycling)
		1 pair of padded cycling shorts
		Underwear
		Nightwear
		Warm hat & / or sun hat (as appropriate)
		Mountain biking gloves
		1 pair warm gloves (as appropriate)
		Waterproof jacket
		Waterproof trousers

PERSONAL KIT

Got it	Packed it	Item Needed
		Mountain bike (appropriate for the journey and in good working order)
		Mountain bike helmet (undamaged)
		Eye protection
		Panniers (fitted to your mountain bike)
		Small rucksack if required (no more than 20 litre)
		Bike Computer (doesn't have to be expensive but invaluable for navigation)
		Sleeping bag
		Torch (Handheld or head torch and spare batteries)
		Personal first aid kit / medication
		Water bottles
		Wash Kit / personal hygiene items (some items can be shared as group)
		Towel (travel towels are ideal)
		Watch
		Notebook and pen / pencil
		Expedition Food (see separate PDF showing what food to bring)
		Survival Bag
		Sunblock
		Midge repellent
		Midge Head Net
Provided by Active		
		Sleeping Mat



THE DUKE OF
EDINBURGH'S AWARD



GROUP KIT (to carry between the team)

Got it	Packed it	Item Needed
		Scourers (to clean pans)
		Tea Towel
		Plastic Bag (for Rubbish etc)
		Camera
		Wash Kit / personal hygiene items (some items can be shared as group)
		Tick Remover
		Mobile phone (fully charged and switched off for emergency use)
		Camera (optional)
Provided by Active		
		Stove(s) & Gas
		Cooking pans
		Tent
		Toilet paper
		Camping Trowel
		Map
		Compass
		Group First Aid Kit