

A woman wearing a black cycling helmet, sunglasses, and a black cycling jacket with neon green accents is smiling. She is wearing black cycling gloves and is on a bicycle. The background shows a scenic mountain landscape with rolling hills and a forest under a cloudy sky.

# Biking Kit List

Wilderness Ireland

### Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure clothes are not cotton based

### Upper Body

- Base layer t-shirts or cycling jerseys
- Long sleeved base layers to complement the above (such as Icebreaker or Capilene)
- Lightweight fleece jacket or gilet
- Lightweight waterproof and windproof jacket

### Lower Body

- Padded Lycra cycling shorts (plus outer shorts as preferred)
- Leggings or longs for riding
- Lightweight waterproof trousers

### Feet

- Bike shoes or hiking trainers
- Socks for riding
- Neoprene over shoes for colder weather rides if you get cold feet

### Head and Hands

- Helmet
- Gloves (full fingered are preferred in Ireland)
- Clear-lens glasses or interchangeable sunglasses (100% UVA & UVB protection)

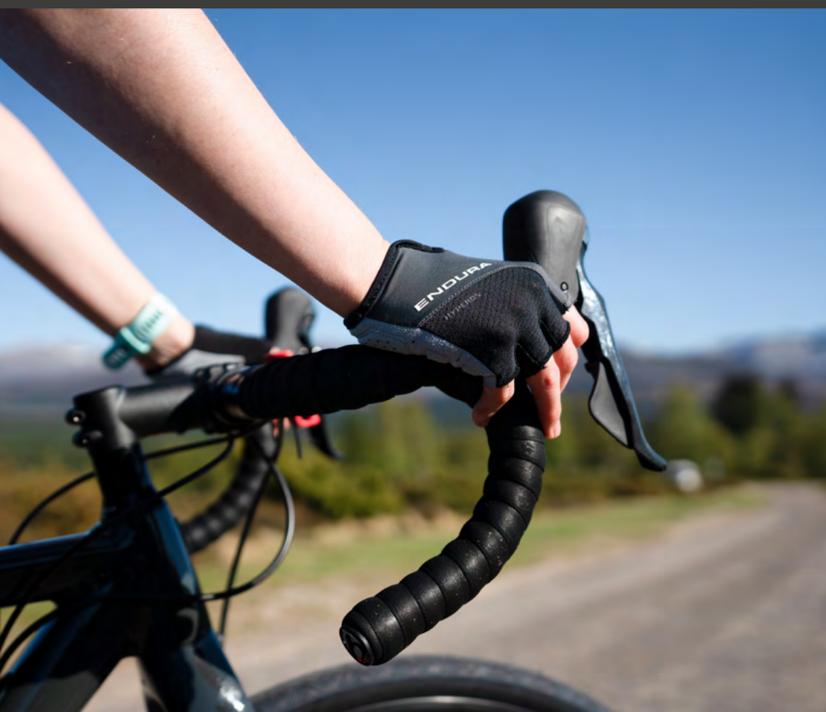
### Essential Equipment to have while Biking

- Backpack to carry clothes, equipment and food (please note if hiring a bike from us, you will receive a small handlebar bag for your essentials).
- Waterproof liner or bag for keeping your rucksack contents dry.

**Bring your own 25oz (750ml) water bottle or hydration bladder if using your a backpack.**



**This is to reduce single use plastic and protect the planet.**



### Recommended Optional Items

- Sunscreen and lip balm: SPF 25+
- Camera (spare batteries, memory card)
- Insect repellent
- Comfortable clothes for evening wear (casual dress code)
- Plug adaptor
- Bike lock: approved by your insurance provider
- Toiletries
- Mobile phone
- Swimming costume

### Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)



### Group and Safety Equipment

Wilderness Ireland provides all group safety equipment such as first aid kit and mobile phone. These will be carried by your guide.



## Biking - Additional Items

### Bike & Spares (not required if hiring a bike through Wilderness Ireland)

When hiring a bike from us we take care of all the details. You can be assured that your bike will be ready to ride with all spares available as required.

If bringing your own bike, this will need to be a well maintained and serviced road bike, road tourer, or hybrid tourer or ebike. In addition, if bringing your own bike you will need to bring the following:

- Bike multi-tool inc chain tool
- Mini pump and/or CO2 canisters
- 2 x spare tubes and puncture repair kit

Whilst our Biking guide will carry a number of additional spares and tools, it is essential that your own bike is in excellent working order before you depart. If you are in any doubt whatsoever to the condition of your own bike, please take it to your local bike shop for a full service in advance of the trip.

### Bike Hire

You are welcome to bring your own bike, however if you would prefer to avoid bike transportation or simply like the convenience of hire, we have the following options:

**For our road bikes:** we offer the **Trek Domane AL5**

**For our E-bikes:** we offer the **Trek Verve+**

Each bike comes equipped with a Garmin Bike Computer - loaded with the ride information and mapping for your trip, compact handlebar bag (with map case) to carry your daily essentials e.g. camera, snacks, waterproofs plus a saddle bag with spare tube and tyre levers.

If you think that you or a travelling companion would need an e-bike to complete the trip please speak to one of our friendly adventure consultants before booking. E-bikes are becoming an increasingly popular option and their availability is on a first come, first served basis.

For more information please visit:  
[wildernessireland.com/faq/bike-rental](http://wildernessireland.com/faq/bike-rental)



### Questions?

If you wish to consult the Wilderness Team about what you need for biking in Ireland, or seek advise on any of the items above, feel free to get in touch by [email](#) or call +353 (0) 91 457 898 or 1-844-235-6240 from North America.

### Biking Holidays

For our full range of Irish Biking holidays please check out our [website](#).