

Mountain Biking

Kit List

Wilderness Scotland
No.1 for adventure travel



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 non cotton based

Upper Body

- Base layer t-shirts or lycra cycling shirts
- Long sleeved base layers to complement the above (such as Icebreaker or Capilene)
- Lightweight fleece jacket or gilet
- Lightweight waterproof jacket (the Altura Attack is a great cycle-specific waterproof jacket)

Lower Body

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

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 generally a more suitable choice)
- Clear-lens glasses or interchangeable sunglasses (100% UVA & UVB protection)
- Warm fleece or wool hat
- Buff or bandanas

Essential Equipment to have while mountain biking:

- Backpack to carry clothes, equipment and food (15-30L capacity)
- Waterproof liner or bag for keeping your rucksack contents dry
- Water bottle or hydration bladder (2L capacity)



This kit list's star is Sara from the Wilderness Scotland team. You can read more about her [here](#).



Wilderness Scotland highly recommend the products of renowned outdoor clothing manufacturer [Haglofs](#), who keep our guides warm and dry through the seasons with their superb clothing and equipment.

Haglofs' industry-leading commitment to sustainability and the environment fits perfectly with our own ethos and their products come with a high level of functionality, good design and value for money to people who invest in an active outdoor lifestyle.

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
- Toiletries
- Mobile phone
- Swimming costume
- Small pocket knife

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)

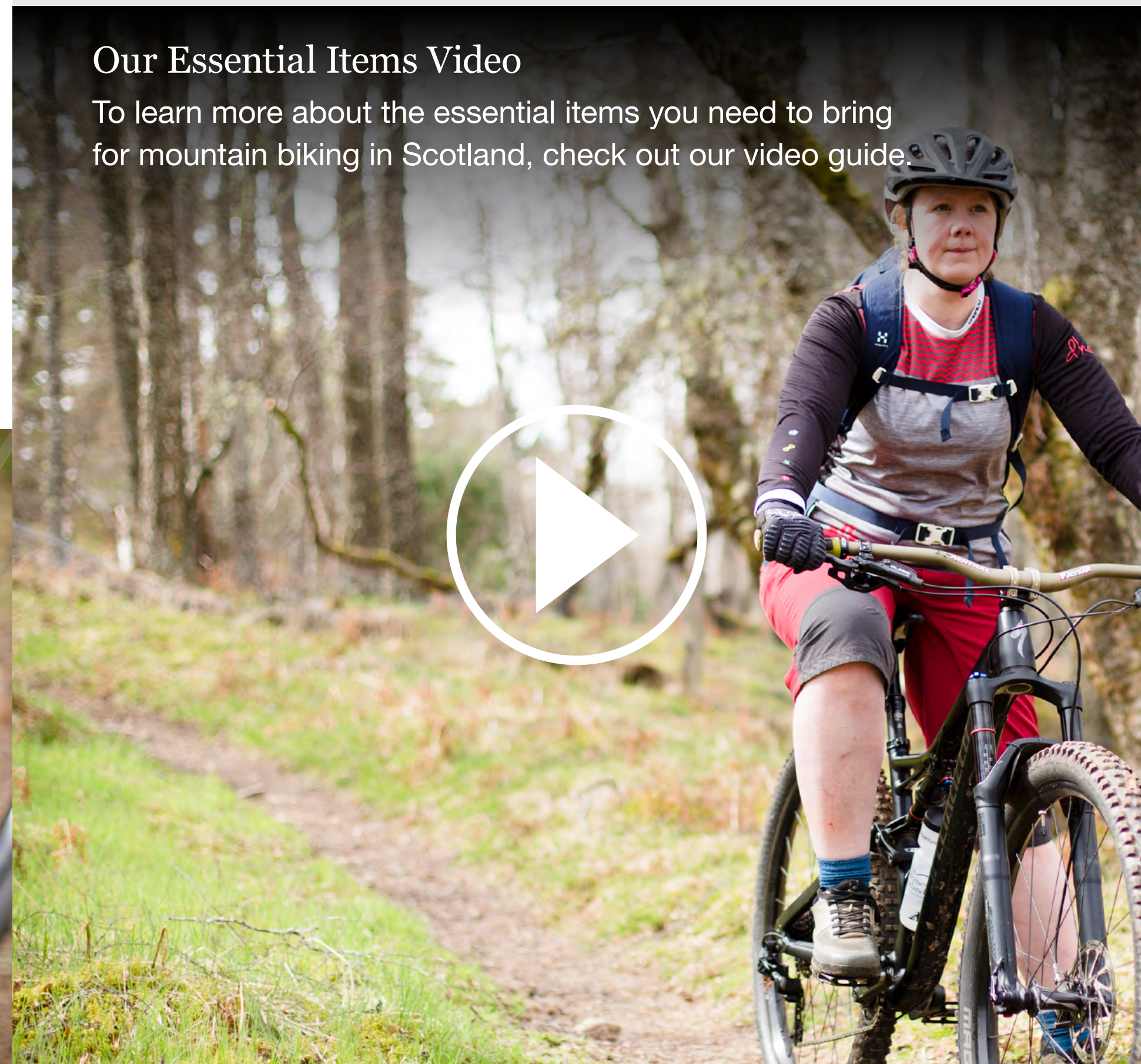


Group and Safety Equipment

Wilderness Scotland provides all group safety equipment such as first aid kit, emergency shelter, mobile phone, DeLorme satellite locator etc. These will be carried by your guide.

Our Essential Items Video

To learn more about the essential items you need to bring for mountain biking in Scotland, check out our video guide.



Mountain Biking - Additional Items

Choosing the right bike for your Trip

Travellers typically prefer to ride full suspension bikes on our Coast to Coast and Harris, Skye and Torridon itineraries.

For the our Bike Across Scotland and Hebridean Trail trips we'd recommend riding a hard tail.



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

- Bike multi-tool
- Flexible or spare spokes
- Pump & shock pump (if appropriate)
- Bike lock (approved by your insurance provider)
- Inner-tubes suitable for your wheels
- Spare gear cable
- Chain links/pins (speed links)
- 2 x Spare disc pads
- Puncture repair kit
- Bike chain lube
- Rear Mech hanger suitable for your bike
(this is an essential item and should always be carried)

Whilst our mountain bike 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. A prudent decision is to always start the trip with new brake pads fitted.

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 offer the option of hard-tail or full suspension rental.

Our Guides will look after your hire bike during the trip and you simply have to hand the bike back at the end.



Questions?

If you wish to consult the Wilderness Team about what you need for mountain biking in Scotland, or seek advise on any of the items above, feel free to get in touch by [email](#) or call 01479 420020 or 866 740 3890 from North America.