

# **Kit List: Freeridemorocco**

**Date:**

**Item:**

**Helmet**

**Pump**

**Two inner tubes**

**Bike tool/Alien with a chain splitter**

**2ltr (minimum) bladder**

**Spare brake pads**

**Spare rear mech hanger**

**Basic first aid kit**

**Two energy bars or equivalent**

**Base layer**

**Fleece**

**Good down jacket**

**Warm hat**

**Long trousers**

**Thick socks**

**Trainers or other type of comfortable shoes**

**Sleeping bag - A good one, rated to at least 0 degC (three season)**

**Towel**

**Head torch**

**Electrical adaptor (three to two pronged, same as Spain)**