

Packing List for the Trails



Before you go: check the latest trail status on mountainstosea.nz/trailstatus and do check the weather forecast.

- Bike – preferably a Hard tail or full suspension Mountain Bike with knobby tyres (Make sure it's recently been serviced by a competent mechanic)
- Helmet
- Bike Shoes
- Bike Gloves
- Bike shorts (ideally padded) and suitable ride top (not cotton)
- Bike repair kit (containing spare tubes and puncture repair kit, tyre boot, chain lube, spare chain and links 10cm), chain breaker, spare derailleur cable, multi tool, duct tape and cable ties, spare cleat screw(s) spare derailleur hangar for your bike frame.) See our video on how to make on trail repairs.
- Bike pump
- Backpack (including a hydration pack is handy)
- Waterproof jacket
- Thermal layers (the weather can change in this environment)
- Beanie
- First Aid Kit including a survival blanket and a pocketknife
- Food – bars, sandwiches , lollies etc (Maintaining your energy levels helps to reduce fatigue and maintain your concentration and enjoyment – avoid those hangry moments)
- Sunscreen and Insect repellent
- Water (and maybe an extra bottle of electrolytes)
- Mobile phone (you can turn this to flight mode to preserve battery, and then you can take even more photos and videos to share)
- PLB – Personal Locator Beacon (at least one per 4 in a group). These can be hired from shuttle operators or i-Site in Whanganui or Ohakune.
- Torch/Headlamp – fully charged
- A map of the trail so you can monitor progress/navigate

This list assumes you are staying overnight in one of the great accommodation options along the way (so pack a separate bag including your toiletries, PJ's, some comfy post ride clothing etc and hand to your shuttle operator for drop off). If you are bikepacking – the [Tour Aotearoa](https://www.touraotearoa.govt.nz/) site has some great tips for packing for on trail adventures.



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