

TOURS WITH MOUNTAINBIKE

PACKING LIST

Beware: we don't tell you to wear socks. We only mention what is relevant for **La Palma** and about issues that may arise due to, for example, the Canarian climate or the local conditions of the trails.



CLOTHING

- Jersey** (short and/or long sleeve) and **bike shorts**
- Wind/rain jacket + rain trousers**
- Mountainbike-shoes** (preferably 2 pairs for several days of touring)
- Arm-warmers & leg-warmers** if necessary

PROTECTIVE EQUIPMENT

- Helmet** (half shell &/or full face for just trails / mega trail)
- Gloves** (preferably long-fingered gloves)
- Protectors** (knees, elbows, shins if necessary, body armour for just trails/ megatrail)
- Backpack** with back protector

MEALS

- Sufficient water** (approx. 2 litres)
- Snack** (bananas, bars, sandwiches)

OTHERS

- ID card**
- (EU) health insurance card**
- Cash**
- Sunscreen**
- Personal medication** (please inform the guide about any health restrictions)
- Mobile phone**

SPARE PARTS FOR YOUR OWN BIKE

- Derailleur hanger**
- Defect-prone spare parts with unusual equipment** (extremely long delivery times to the Canary Islands)

WEATHER

OCTOBER - APRIL



- During the day Ø **18-22 °C**
- Due to proximity to the equator: Strong sunshine even in winter & longer days
- **Rapidly changing weather conditions**, e.g. due to different microclimates
- **Trade winds** on the east side

What does that mean for me as a biker?



That we have a spring-like climate in the winter season and therefore mostly ride in the sun - BUT we always have rain gear in our bag-pack, because in the mountains it can quickly get chilly and even rain showers are possible from time to time (although usually at a relaxed 18 °C).



WHAT WE HAVE

First aid kit with small homeopathic pharmacy

Tools and small spare parts