

What should a mountain biker's backpack contain?

The volume of the typical backpack is 40-50 litres with an accumulated total weight of about 13-15kg.

The backpack must not come up too high, as there must be room for the back of the cycle helmet to move freely.

The contents should be roughly this:

Equipment for a 3 day mountain bike excursion

Cycling clothing, some to be worn according to the weather:

- cycling trousers
- Under shirt short / long sleeved, Merino?
- shorts
- cycling shirts short / long sleeved
- socks (one of which is waterproof?)
- cycling gloves
- head scarf, helmet, glasses
- Gore jacket and trousers and knee warmers
- knee pads?
- cycling shoes

Camp:

- tent and camping mat
- sleeping bag, 3-season
- cooker and fuel, fairy liquid
- plate, mug, spoon knife / pocket knife
- a drinking bottle or flask
- camp footwear crocs ect.
- hygiene, toothbrush etc.
- toilet paper, savet-towels, Vaseline / talc to prevent friction burns

Food packed as day packs (3½pv):

- 2 instant morning porridges and raspberry dessert, cocoa
  - excursion food for the day Real / BlåBand, etc.
  - excursion food for the evening Real / BlåBand etc., tea, cocoa
- a bar and gel for energy snacks

- 2-3 pieces of bread / day

Bicycle maintenance:

- a multifunction tool, 6-spoke keys and torx wrenches for all cycle screws!
- pump, spare inner tubes x2, cable ties for binding broken outer tyres, etc.
- spare chain or parts and quick clip adapters, oil, chain tool
- Replacement gears (including rear gear if one can fit in the backpack)
- spare parts for disc brakes

Navigation etc:

- maps, scale 1:50 000
  - compass
  - GPS and batteries
  - telephone (power bank)
  - camera and batteries
  - First Aid Kit
- Medicines

- water purification, for example MICROPUR

Some of the cycling clothing can be worn immediately, according to the weather.

Water purification should also be considered, as stream waters are not particularly fresh. I have learned from experience to also keep Imodium diarrhoea pills handy in the first aid package.

Something might be missed- hopefully nothing essential.

Let's not forget the bike itself! It should be serviced at home and anything suspect checked and replaced and a test ride made in the terrain!