



**African
Wilderness
Expeditions**



MTB Packing List

Tools and Spares in the Daypack:

- * Tube
- * Leatherman
- * Spokes/nipples
- * Spoke tool
- * Shock pump
- * Air pump
- * Chain breaker
- * Chain link and pins
- * Patch kit
- * Self-adhesive patches
- * Brake pads
- * Maxalami (tubeless repair kit)
- * Tubeless sealant
- * Shock oil
- * Torx 25
- * Allen keys (4 mm, 5 mm)
- * Duct tape
- * Freehub repair kit for Syntace

In the Stuff Sack:

- * Brake pads
- * Spare tire
- * More tubeless sealant
- * Derailleur
- * Brake hose
- * Bleed kit
- * Procore tube
- * Chain oil

First Aid:

- * Sterile compresses
- * Gauze bandages (large/small)
- * Disinfectant spray
- * Painkillers (Ibuprofen, Diclofenac, Aspirin)
- * Band-aids
- * Tape
- * Firestarter / Tampon
- * Scissors
- * Emergency blanket
- * Imodium (anti-diarrheal)
- * Blister plasters