



Annapurna Trek-Bike Ride - GEAR LIST

Introduction

Infinite Mountain Adventure (IMA) Annapurna Trek-Bike Ride is scheduled during spring and autumn dry season in a rain shadow area. Days will be comfortable to warm and mornings will be fresh above Kagbeni and Manang. Below Manang and Kagbeni weather will be warm in Marpha, Tatopani and Beni. The average monthly precipitation and day|night temperatures are included below.

You will trek to 5000m at Tilicho Lake and you will spend one day and 2 nights camping. Lake Tilicho is 2200m above Muktinath so the temperature is expected to be 20°C lower.



With the climate change due to increased CO2 and greenhouse gas atmospheric pollutions the weather is more unpredictable and unseasonal and you must be prepared for sudden cold snaps and some unseasonal precipitation.

Recommended Gear List

The ride is along village treks and jeep road. We will stop in many places to visit interesting places and hike-up for short hikes to the vistas. The ride is not competitive and for comfort and safety light trekking boots/shoes with sturdy sole are recommended for the ride instead traditional cycling shoes.

In most of mountainous area wind is typical in the afternoon. We also cycle on high altitudes, which cause much stronger cold perception than at low altitudes. We recommend using the layering principle (Read more below) and recommend that you always carry a warm windproof / waterproof top when cycling. Good quality cycling shorts, with a padded insert, are a prerequisite for comfortable riding. We will supply you a customized equipment checklist with appropriate climate briefing specifically tailored for your adventure taking in to account type of the trip, the length of the trip and the month of your trip.

Whilst keeping the weight of your equipment to a minimum, it is better to have an item of clothing and not use it than to be cold! The gear listed below is only recommendation and your personal judgement is required to choose the quantity of clothing ensuring that it will be sufficient to keep you warm and comfortable without excessive luggage.

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ITEM		COMMENTS
RIDING KIT		
1	Cycling helmet	mandatory and we will supply one
2	Biking glasses	
3	Stiff soled hiking/trekking shoes	For cycling
4	Base layer: Thermal top	long or short sleeved depending on climate
5	Mid Layers: Cycling top	long or short sleeved depending on climate
6	Long sleeved lightweight fleece top	
7	Windproof cycling jacket	
8	Padded cycling shorts	
9	Cycling waterproof long pants	For unseasonal precipitation
10	Biking gloves	
DAYPACK CONTENT		
11	A cycling daypack 1L bladder or bottle	
12	Sun cream Lip balm 30SPF+	
13	Camera	+ spare batteries
14	Head torch	
15	Gore-Tex shell	Top and pants
16	Light jacket	Fleece or similar fabric
16	Down jacket	Fleece or similar fabric
CLOTHING: FEET		
17	Trekking shoes	For the trek and ride
17	Training shoes runners	For after ride
18	Sandals	
19	socks	Warm socks for above Manang Light socks for the ride
LOWER BODY		
20	Trekking trousers/pants	
21	Lightweight shell/rain pants	
22	Underwear	Merino wool or synthetic
23	Shorts	
24	Swimming gear	For Tatopani springs
TORSO		
27	Short sleeve shirts	For below Kagbeni
28	Long sleeve shirts	For above Kagbeni
29	Waterproof Gore-Tex jacket	
30	Lightweight jacket	down synthetic filled
30	Fleece jacket	
HEAD		
31	Sunhat cap	
32	Warm hat	
33	Sunglasses	
34	Light neck face sleeve	For sun dust protection
35	Bandana	

HANDS		
36	Thermal lightweight gloves	
41	Warm gloves for camping	
41	Cycling gloves	
PERSONAL HYGIENE		
37	Personal hygiene supplies	
38	Sun cream SPF 30+ lip balm	
39	Insect repellent	
40	Soap hand wipes	
41	Hand sanitizer	
42	Toiletries	Toothbrush, tooth paste, dental floss, nail brush, nail clippers,
43	Personal First Aid	Personal medications, Ibuprofen, Paracetamol, Antiseptic cream, assortment of Band-Aids, elastic bandage, moisturizing cream;
MISCELLANEOUS		
44	Swiss army knife	
45	Travel cloth	
52	1L water bottle	
52	Selection of dry bags	To separate cloths
52	Sleeping bag for camping	At least rated -15°C
52	Duffel back for porter	

How to Use your Gear

Apply Layering Principle

While riding or trekking in any mountainous undulating environment, in particularly at high altitudes where the weather is a subject to rapid changes one needs to adopt layering principle.

Using clothing layers to regulate body temperature ensures that the body temperature stays in a comfortable range to prevent excessive sweating followed by rapid cooling. When you start the day wear sufficient number of layers to keep warm but as soon as you feel overheating remove a layer on the go quickly to prevent unnecessary overheating and sweating.

Individuals who over heat and sweat profusely or practice extreme climbing use vapour barrier garments, which absorb the sweat and keep your outer layer dry.

Merino Wool as a first layer

For layer one garments IMA recommends Merino Wool from Icebreaker because the company understands climbers and mountaineers needs and utilizes the best quality material.

No other company can at this stage (spring 2015) match Icebreaker quality. The quality in extreme conditions is essential for your comfort and safety. Merino wool is the finest wool and it matches cotton with softness and polypropylene with insulation and breathing-ability because it takes moisture away from the body and keeps you dry and warm.

Merino Advantage:

Moisture Wicking

Insulation

The process of taking the moisture away from the body is called wicking. Wool and synthetic fabrics are really good wicking materials hence they are very suitable to wear for hard physical activity such as trekking, mountain biking and climbing.

Due to its natural nano-tube construction wool has also antibacterial properties, so it stays usable for much longer. It is slightly more expensive than polypropylene so is Himalayan biking, climbing and trekking. Using cotton shirts for high altitude biking,

Antibacterial Properties trekking or climbing is a wrong and dangerous approach, which can lead to hypothermia.

For more information contact Infinite Mountain Adventure:

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