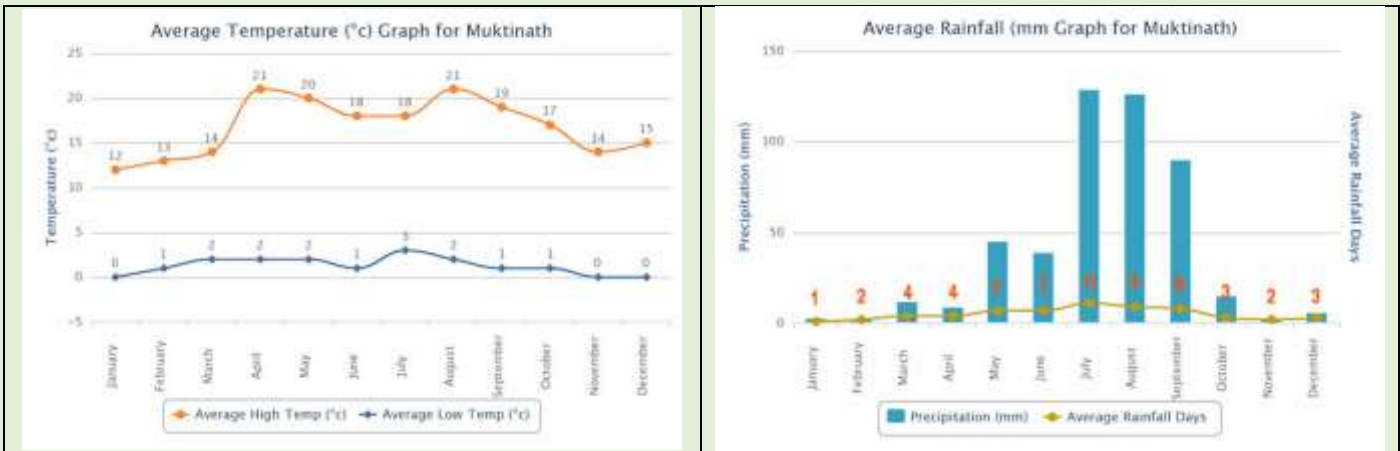




**Introduction**

Infinite Mountain Adventure (IMA) Muktinath 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 warm conditions below in Marpha, Tatopani and Beni. The average monthly precipitation and day|night temperatures are included below.



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.

Infinite Mountain Adventure – Muktinath Bike Riding – GEAR LIST

ITEM		COMMENTS
<b>RIDING KIT</b>		
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	
<b>DAYPACK CONTENT</b>		
11	A cycling daypack   1L bladder or bottle	
12	Sun cream   Lip balm 30SPF+	
13	Camera	+ spare batteries
14	Head torch	
15	Windbreak	Top and pants
16	Light jacket	Fleece or similar fabric
<b>CLOTHING: FEET</b>		
17	Training shoes   runners	For after ride
18	Sandals	
19	socks	
<b>LOWER BODY</b>		
20	Trekking trousers/pants	
21	Lightweight shell/rain pants	
22	Underwear	Merino wool or synthetic
23	Shorts	
24	Swimming gear	For Tatopani springs
<b>TORSO</b>		
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
<b>HEAD</b>		
31	Sunhat   cap	
32	Warm hat	
33	Sunglasses	
34	Light neck   face sleeve	For sun   dust protection
35	Bandana	
<b>HANDS</b>		
36	Thermal lightweight gloves	
41	Cycling gloves	

PERSONAL HYGIENE		
37	Personal hygiene supplies	
38	Sun cream SPF 30+   lip balm	
39	Insect repellent	
40	Soap   hand whipes	
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	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

Antibacterial Properties

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, 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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