

WHAT TO BRING TO THE BIKE HASH - ESSENTIAL CHECKLIST FOR EVERY BASHER

A mountain bike of some description, It doesn't have to be flash or pricey but should have at least 21 gears, good brakes and quick release hubs.

Front suspension will help a lot. Rear suspension even more, but unless it's good quality you are better off with a hardtail.

Helmet strapped on tight - No helmet, No ride

Gloves
Trainers or cycling shoes

Spare inner tubes

Pump

Multi-tool - different sized allen keys etc...

Chain tool

Tyre levers

Tube patches and glue

Spoke key
15 mm spanner if you don't have QR hubs

Water - AT LEAST 1 LITRE PER HOUR RIDING (a typical rider can expect to be out for around 3 hours)

Oral rehydration salts or some type of electrolyte replacement additives are really useful particularly on long rides.

Sunblock

Mosquito repellent

Change of clothes, shoes

Towel

Snacks - cereal bar, banana