



Pre-ride checklist

Essential Gear:

- Helmet
- Jacket and gloves
- Sturdy boots (Motocross boots recommended)
- Full riding suit (not necessary)

Hydration and Snacks:

- Camelbak or hydration backpack
- Extra water bottles (if you don't have a hydration pack)
- Energy bars, nuts, and dried fruits

Safety and Maintenance:

- Compact first aid kit
- Prescription medications
- High-SPF sunscreen
- Spare tube (for tubed tires)
- Tyre levers
- Tyre inflating bombs
- Motorcycle-specific multi-tool

Personal Items:

- Lightweight, breathable clothing
- Comfortable clothes for the evenings
- Essential toiletries (toothbrush, toothpaste, etc.)
- Wallet and identification

Navigation and Communication:

- GPS device (if you have one)
- Mobile phone
- Portable charger

Extras:

- Camera
- Waterproof gear (weather change without notice)
- Lightweight camping gear (if applicable)

This checklist ensures that riders are well-prepared for their adventure bike trip with The Adventure Co.



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