

EQUIPMENT

1	Mountain bike helmet	9	Tyre levers	17	Cured meat
2	Windproof jacket	10	Bike multi tool	18	Cheese
3	Mini pump	Ū	Puncture repair kit	19	Fruit compote
4	Mountain bike trail map	12	Mobile phone with GPS	20	Dried fruit
5	First aid kit	13	Perles de seigle	21	Flask
6	Survival blanket	14	Sun cream	22	Rye bread
7	Gloves	15	Swiss Army knife	23	Apples
8	Inner tube	16	Sunglasses	24	Backpack