



What to bring

To get the most out of your trip you should be prepared for everything the trails and the weather have to throw at you! The following list is a guideline for what to bring to get the maximum out of your mountain biking experience. The list is not exhaustive so bring any essentials you think we've missed.

Essential Gear	Nice to have
<ul style="list-style-type: none"> • Mountain Bike in good working order (or hire one from us) • Helmet (provided with hire bikes) • Cycling glasses • Cycle shorts (padded if possible) • Base layers or cycling tops • Fleece tops • Waterproof jacket • Cycling shoes (with cleats) or flat trainers (hire bikes come with flat pedals if you want to use spd's please bring them with you) • Cycling gloves • Woolly hat and warm gloves • Warm clothes • Water bottle or hydration system • Small rucksack to wear whilst cycling • Food and snacks (can be bought en-route) • Cash for lunches (can be bought en-route) • Toiletries and medical requirements • Casual clothes for evening • Casual shoes • Rucksack or bag to carry your gear <p>If using your own bike please bring a small maintenance kit including:</p> <ul style="list-style-type: none"> • 1 or 2 spare tubes • Spare brake blocks/pads specific to your bike • Anything else specific to your bike 	<ul style="list-style-type: none"> • Waterproof trousers • Waterproof overshoes • Waterproof socks • Your own saddle • Your favourite sweets/energy bars • Camera (waterproof case is a good idea) • Sun protection • Lip balm • Insect repellent • Personal first aid kit • Torch or head torch

If you're unsure about any of the equipment listed or want more details about likely weather on your trip please contact us for more information.