



## **Mountain Biking Kit List**

### **To wear**

Thermal base layers – polyester or woollen, no cotton  
Warm fleece  
Padded cycling shorts  
Spare fleece or synthetic insulating layer  
Cycling waterproof jacket and trousers  
Warm hat and gloves (spare gloves recommended)  
Cycling shoes or trainers

### **Other equipment**

Bike – well maintained and in good working order  
Bike lights  
Spare inner tube  
Brake pads to fit your bike  
Rucksack – roughly 25 litres  
Lunch and spare food  
1 litre flask or water bottle  
Whistle  
Sunglasses  
Sun cream  
Mobile phone in a waterproof case  
Camera

