Mountain Biking Kit List

To Wear

- Thermal wicking shirt – not cotton
- Padded cycling shorts
- Helmet, gloves and shin guards

Personal Items

- Bike, well maintained and in good working order
- Bike lights, spare inner tube
- Brake pads to fit your bike
- Warm hat and gloves
- Spare fleece, primaloft or woolen top
- Cycling waterproof jacket and trousers
- Flask or water bottle
- Lunch plus spare food
- Emergency survival bag (6' by 3' orange poly bag)
- Rucksack (25ltrs)
- Whistle
- Sunglasses or safety glasses and sun-cream

Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Group shelter
- Trail side spares and tool kit
- Map and compass

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