



What to Bring

Clothing:

Pack for all potential riding weather, including rain. Gloves are mandatory.

Hydration:

Make sure you have a hydration pack or water bottles, and ideally fill them before coming to your session.

Snacks:

Make sure you bring the appropriate amount of food for your session.

Other considerations:

Consider sunscreen, mosquito repellent, and similar things to keep you comfortable in various conditions.

Helmet:

A proper fitting helmet is mandatory. We will be pedalling, so a trail helmet is recommended.

Protection:

Knee, arm pads are highly recommended.

Pedals:

If you know your preferred choice, bring those pedals. If you are new to mountain biking, flats are recommended.

Shoes:

Bring shoes that are compatible to the pedals you will be using. A shoe specifically designed for mountain biking is recommended with flat pedals (not runners), as they are designed to have the best grip and contact space with the pedal.

Tubes and Tools:

Bring a spare tube. Your coach will have all the basic tools to fix a flat and make minor on trail bike adjustments.

Bike:

Make sure your bike is in good working order before coming to the session. If this is out of your scope, bring it to your trusted mechanic to make sure you are set up for success!