



Mountain bike Kit List

Most of the items listed below are essential, without these items we may not be able to take you on the hill. If you are unsure about any of the items on this list, or would like advice on buying kit then call for a chat on 07849548821 or email Hello@allaboutadventure.co.uk

Clothing

- Thermal base layers. (Not cotton)
- Padded shorts
- Trousers or bike shorts
- Walking socks (sealskins are good for biking)
- Warm fleece top.
- Woolly hats and buff.
- Waterproof jacket and trousers
- Gloves (a spare pair can be good on a wet day)
- Bike shoes or trainers
- Insulated jacket (primaloft is better than down)

Equipment

- 15-25 lt rucksack + water proof liner bag
- Head torch + Batteries
- Map case and compass
- Plastic survival bag
- Variety of dry bags
- Food and drink
- Thermos flask (optional)
- Small personal first aid kit
- Emergency warm clothes
- Spare inner tubes + any extra bike repair kit
- Glasses or goggles
- Helmet
- Knee and shin pads (optional)

Most of the Mountain bike courses run by All About Adventure are delivered in the mountains, so having suitable equipment to cope with whatever the weather throws at you is essential All About Adventure guides will carry a full first aid kit, emergency equipment and bike repair kit.