

# KIT LIST

## Mountain biking



PLAS Y BRENNIN  
NATIONAL OUTDOOR CENTRE

### Equipment List

#### WHAT DO I NEED TO BRING?

Although you don't need to bring any specific First Aid equipment, you should be prepared for whatever the weather will be. Items highlighted in **red** are available to borrow from our stores. We suggest the following as a minimum:

- **Helmet** (must reach manufacturers guidelines)
- Appropriate footwear (either bike specific shoes or trainers)
- Gloves (full finger)
- **Waterproofs**
- Extra warm layers (ideally not cotton)
- Water bottle
- Your **Mountain bike** (must be in good working order), or you can hire one of our fleet bikes for £35
- Suitable clothing, e.g. a breathable jersey, tapered trousers or shorts.
- Method of carrying equipment on bike e.g. rucksack
- Knee pads recommended
- Any personal medication.
- Trail repair kit optional.