

Mountain Bike Skills Clinic Supply List

Please plan to arrive 15 minutes early to prepare.

Participants are required to bring to class on the first day the following items:

Mountain bike (that has been recently inspected by a bike mechanic and deemed suitable for trail riding).

Tool kit (spare tube, bike pump, multi tool, tire levers)

Cycling helmet

Cycling appropriate clothing: sunglasses, gloves, cycling shorts with chamois, cycling shoes with cleats to match your pedals (no cages), cycling jersey or t-shirt (avoid cotton), and windbreaker/lightweight jacket/long sleeved t-shirt if cools down.

Personal items: cell phone, sun screen, change of clothes, towel, insect repellent, chain lube, chamois cream, tissues

Food: Be sure to eat a nutritious, light meal before coming to class. Bring a few sports bars, trail mix, or other nutritious snacks.

Hydration: A 1 litre hydration pack full of water recommended, otherwise bring several water bottles full of water as water may not be available at class location.