



## **Gear List:**

1. A well-tuned mountain bike. Please visit your local bike shop to make sure everything is tuned and ready. For most of our events, we suggest a dual suspension cross country or all-mountain bike for a more comfortable ride, but front suspension only bikes work fine also.
2. A pair of flat pedals for use with flat-soled shoes. They will make it easier to learn and practice. If you are very comfortable getting in and out of clipless pedals and prefer them, feel free to use them.
3. Dress for the weather
4. Cycling Helmet
5. Cycling Gloves
6. Water
7. Snacks
8. Any medications you require
9. Sunscreen and Insect Repellent
10. A spare tube
11. Basic riding tools (don't worry if you don't have them yet, your coach will carry extras)
12. Community face mask - for those moments we can't stay 2m apart

*Please note, your Instructor can refuse your participation in an event if they deem you to be unprepared or unsafe. Being prepared and safe on the trails is integral to a great riding experience!*

*For more information, refer to our blog post "[Gear for MTB](#)"!*