



# Appropriate Clothing for Mountain Biking

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In warm weather, go for a breathable, moisture-wicking short-sleeved t-shirt or biking jersey, and stretchy, durable shorts.

In cooler weather, you'll need more layers than a simple jersey and shorts. Wear longer sleeves and a waterproof-breathable jacket.

Gloves designed for mountain biking are often beefed up with more durable fabric and full finger coverage. Full-fingered gloves keep you covered and offer some protection for crashes.

Wearing body armour is definitely a personal choice. If you're new to the sport we'd highly recommend knee and elbow pads as a minimum.

# Essential Equipment

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- A back pack or hydration pack
- Bike multi-tool with Allen keys.
- Spare tube, even if you're tubeless
- Patch kit
- Tire levers
- Mini bike pump or CO2 inflator with cartridges
- Phone or Personal Locator Beacon if going out of phone coverage
- First aid kit
- Bike light or headlamp

Doing a first aid course and a basic bike maintenance course can save you a lot of time and can get the group out of trouble when out on trails.