**WHAT WILL I NEED**

If you do not have your own bike or are unable to bring it with you for the course, please get in touch with us about borrowing one of our fantastic Trek bikes. E-bikes can also be ridden on any of our skills courses.

* Bike
* Small bike lights front and rear – always a good idea to carry just in case!
* Small Biking Day pack – 25L max
* Helmet
* Eye wear
* Thin woolly hat or buff for under helmet
* Gloves – thin, full finger cycling gloves are perfect
* Warmer Cycle friendly Full finger Gloves – just in case its cold
* Water proof jacket & trousers – Suitable for cycling
* Padded cycling Shorts – there really are worth it for comfort!
* Outer Baggy Cycling Shorts
* Thin fleece or similar
* Full leg covering – for cold days e.g. cycle tights or cycling leg warmers
* Warm outdoor wear
* Insulating layers – a variety of base layers are useful to control your temperature
* Small personal first aid kit
* Drink system – hydration pack / water bottle
* Spare inner tube x2 for your bike
* Spare Brake pads x2 for your bike
* Spare Rear Gear Mechanism hanger for your bike – Call your local bike shop for help with this
* Small Trail Toolkit – Pump, multi tool and chain breaker at least
* Emergency survival bag
* Head torch
* Whistle
* Suncream – you just never know!

We have Laundry facilities here and a fantastic drying room so there is always the option to wash stuff as you go. Glenmore Lodge also has a pool & climbing wall – so don’t forget your swimming/climbing kit!