

Clothing and Equipment

What to wear

Lycra isn't just because it looks cool, it's for comfort

- Dress in layers to manage your body temperature
- Wicking fabrics are great
- Padded bike shorts reduce chaffing and increase comfort.
- A lightweight windproof jacket for trail rides.

Sample Gear List

Below is an example Gear List, that you can modify for your event.

Youth participant:

- Bike and helmet
- Small backpack
- Water and snacks
- Packed lunch
- Raincoat
- Suitable clothes for riding
- Personal first aid kit
- Basic puncture repair kit

Adult Leaders:

- All items listed for youth, plus
- Group first aid kit
- Mobile phone for communication
- Repair kit
 - Spare tubes (multiple sizes may be required)
 - Include a shifter or 15mm if bike wheels aren't quick-release
- Extra snacks for 'motivating' tiring riders

