

It is Essential that your bike is clean and in good working order just as it would be if you were riding an important race.

Participants should have All of the below kit as well as the correct bike set up, riders who do not have the appropriate kit or set up could be refused the opportunity to take part in the session, if in doubt, ask prior to the day.

✓	On Bike
	Clean, well maintained Bike – it MUST be fitted with bar end plugs
	Spares, tubes x2, speedlink
	Multi-tool, tyre levers
	Mini-pump, CO2 may ALSO be used / carried
	Appropriate clothing
	Leg / Arm warmers – if it's under 16deg. We cover up!
	Helmet, cycling shoes and gloves
	Riding glasses if you use them – they can help stop stuff getting in your eyes!
	Rain Cape, spare gloves
	Food for riding: Small sandwiches in foil, cereal bars, bananas are good examples. As a guide, we use 1 bar per 45mins
	Bottles – 1 per hour, there will be water available for refilling

✓	Off Bike
	Warm clothing for post session
	Warm Hat
	Suitable clothing for travelling to & from sessions – we NEVER Travel in padded cycling shorts or wet, dirty kit!
	A quality snack with a good mix of protein & carbs is advised for post session to help recover and refuel for the following day

Whilst not mandatory, it is advised you have:	
	<i>Products to clean up and freshen up post session, we don't like wet wipes as they aren't kind to the planet, waterless soaps are great along with a flannel – it'll cover most parts!</i>

It is vital that you understand how to use all of the kit that you bring with you on the day and that it is appropriate to your set up.

Hydration packs are fine for coaching sessions although are not widely used for XC racing so may be a hindrance when trying technical sections – they may be left at the side of trails but at riders own risk – Pine Sport accept no responsibility to any kit loss.

Please dress for the weather conditions at the time of the session. Warm clothing for after the session is vital as is a warm hat as most of your heat loss is from up top! Check the weather forecast before you pack your kit bag for the session.

We reserve the right not to allow you to participate if we feel that you not are appropriately dressed or equipped for the session – this is for YOUR safety.



LIFE IS MORE FUN WHEN YOU'RE OFF ROAD

1:1 & Group Coaching, MTB Guided Adventures, UKAD Accredited Educator, Mentor, Event Architecture

