

## What to Bring and Wear

### **On all courses you will need the following:-**

Mountain bike in good order  
Helmet  
Gloves  
Waterproof top  
Drink  
Snack  
1 spare inner tube (correct size for your bike!)  
Suitable clothing – Two light weight tops and stretchy leggings are OK.  
However proper cycling shorts/leggings, thermal vest/  
lightweight fleece is better.  
Trainers or lightweight walking boots  
Small rucksack to carry items  
Sunglasses and cream may be a good idea

### **On full day 'Improvers' or 'Guided Rides' you will also need:-**

More snacks!!  
More drinks  
Money  
Spare top (fleece)  
Small personal first aid pack

### **MIAS Training and Assessment Courses:-**

Trainees will already have a good idea of additional items that should be carried by a leader and we will take a workshop approach to the subject throughout the course but for assessment candidates – that's part of the assessment!!

### **CycleSureUK Staff:-**

We all carry a range of gear but it will include:

First aid  
Bivibag  
Food and drink  
Spare inner tubes  
Tyre levers  
Multi-tool  
Puncture repair kit  
Tie wraps  
Tape  
Map, compass, watch, mobile phone, money  
Pen, paper  
Bike lock