



Elemental Outdoors

Mountain Biking Kit

Weather in remote areas can be dynamic and sometimes extreme. Our instructors are knowledgeable and experienced to make the calls on routes and venues, which are subject to change in reaction to conditions on the day. We require you to have the correct equipment for the environment. We recommend lightweight equipment and avoiding packing any unnecessary equipment or belongings. Feel free to give us a message if you have any questions.

The “Essential Kit” is required at minimum. We can provide some of this equipment shown to the right hand side, although we suggest you bringing your own for comfort, which in turn will ensure you get the most out of the day. Please contact us via email at admin@elementaloutdoors.co.uk or on +447890627422 if you do not have access to any items, at your earliest convenience. If we deem it unsafe to take you out in the equipment and clothing you have on the day, the activity will be either rebooked or cancelled.

Please note – we do not provide bikes and helmets as standard, if you do not have these items you must specify at the time of booking.

Your Kit	Optional Extras
<p>Essential Kit (some of this can be added as an additional extra):</p> <ul style="list-style-type: none"> • Sturdy trainers, approach shoes on mountain bike shoes • Warm socks • Waterproofs (minimum of top half) • Breathable and warm clothing encase of a prolonged stop • None cotton t-shirt or mountain bike jersey • Shorts, ¾ length trousers or full length bike trousers. • Lunch • Good condition helmet • Good condition Mountain Bike • Head torch (Essential between October and April) <p>Optional Extras you may wish to bring:</p> <ul style="list-style-type: none"> • Flask / Hot drink • Repair Kit • Personal First aid kit • Map <p>Technical gear will need to be checked over by one of our instructors.</p>	<p>We can lend the following Essential Kit for an extra cost: (This must be requested at the time of booking)</p> <ul style="list-style-type: none"> • Mountain bike • Helmet • Lights

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