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# Mountain Biking Personal Kit

The following equipment is a guide for what you'll need when there is Mountain Biking on a day or weekend activity. You should also remember to bring the normal kit for your weekend stay.

What you don't have, ask a leader. We may have spares.

## For the Bike

You should always bring a small backpack which you can wear on your back while cycling. This should include only what you need during the cycle. You'll have another larger rucksack or hold-all which will be left in your accommodation or support vehicle which will contain your overnight and heavier gear.

## Wear

Bicycle Helmet (mandatory)

Shorts or cut-off trousers preferred

Layers of T-Shirts/jumpers which can be added / removed as needed.

Elbow / knee pads if preferred

Have a good breakfast

Trackshoes – not boots

## Lightweight Backpack

Spare inner tube (check your wheel-size with a friend – if they are the same (eg. 24" or 26"), then 1 spare tube between the 2 of you should be enough)

Puncture repair kit

Bicycle tools if available (Allen Keys, Multi-Spanner, Pliers)

Personal First Aid kit

Waterproof Jacket

Suncream (summer)

Flask with Hot Drink (optional)

Full Water Bottle (if not on the bike).

## Main Rucksack / Holdall

Full change of dry warm clothes

Dry fleece / jacket

Dry shoes

Money for chip shop (if travelling)

Permission Slip

Towel

Plastic bag for wet kit

Snacks (optional)

## Overnight Stay (check also separate weekend kit list)

Dishtowel

Toiletries

Plates/Mug/Cutlery (labelled)

Sleeping Bag

Camper Mat

Plastic Bag for Grotty Stuff