

Mountain Bike Kit List

Please contact Mudrock Adventure for all enquires regarding kit.

Email Dennis at mudrockadventure@gmail.com or phone 07983 837747.

Bike

If you are using your own bike it has to be in excellent working order.

If you do not have your own bike then contact Mudrock Adventure we can assist with hire.

Helmet

Long finger gloves

Eye protection

Clothing suitable for weather conditions

Layers are good. No jeans or cotton.

Bike shoes or training shoes or walking boots

Waterproof jacket and trousers

10-20L day sack

Food

Drink

Personal Medication