



Hi,

Your bike days are fast approaching!

Please make sure that you arrive on the day: 'Rested, Fed & Watered' 👍

Just to help you to be as best prepared as possible for the training here is a list of things that you **might** want to wear/bring in order that you are 'prepared':

- **Bike!!** (Which has been properly checked please!). 👍
- Wear everyday clothing which is suitable for Spring/Summer bike riding (Trainers, Leggings/Shorts/Trackie bottoms **(No denim jeans)**, Top, Jumper, Jacket/Coat).
- Any Riders who have long hair, please tie/plait back off your face.
- **Helmet** (CE & EN 1078 - look inside the helmet for the stickers).
- Hi-Viz (Supplied).
- Glasses/Sunglasses.
- **Gloves** (In case of tumbles & preferably waterproof!).
- Wipes.
- Tissues.
- Sanitiser.
- Any medicines you need.
- Small First Aid kit.
- Sunscreen (Factor 20 or above would be best).
- Lip Balm (As above).
- **Drinks bottle(s)!** 👍
- **Snacks!** 👍
- Additional clothing (If needed).
- Bag to keep all of the above in. (Backpack/Rucksack).

Remember! You need to bring everything you might need but nothing you don't as you will have to carry it on your back whilst riding your bike.

We will carry out a check on your bike before we start riding and the Instructor(s) will have a tool/repair kit for any minor repairs/adjustments.

That's about it! Looking forward to meeting both you & your bike! 🚴🚴

Symon Pickett  
Bikeability Instructor