

Mountain-Bike Instructors Award Scheme

Equipment List

The course will take place over two days and you will need to complete set tasks in the evening. This course is designed for people with a genuine interest in mountain biking and the outdoor environment so there is an expectation that you have at least a basic knowledge of biking/technical skills and have a reasonable level of fitness. You will also need to be able to understand grid references, take a compass bearing and follow simple linear features from an ordinance survey map.

Equipment List:

Must have:

- Serviceable mountain bike.
- Appropriate cycling helmet.
- Cycling gloves.
- Appropriate footwear.
- Waterproofs.
- Extra layer of warm clothing.
- Packed lunch.
- Hot/cold drink.
- Water carrier.
- Day sack.
- Knowledge of Highway Code
- Rucksack liner.
- First aid kit (if trained)
- Warm hat and gloves.

Preferable But Not Essential:

* You will however require these items to lead groups once qualified

- Compass.
- Map case.
- Area map as designated
- Group shelter
- Repair tools
- Puncture repair kit.
- Whistle
- Sun screen

I look forward to meeting you on the course

