



Outdoor Education
& Training Centre
Kilfinane

Mountain Biking 'What to bring' - Adult courses



- Close fitting tracksuit bottoms or leggings
- T-shirt and long sleeve top
- Runners with laces and good grips
- Light rainjacket
- Drinks bottle and small snack
- small lightweight backpack

We will supply:

- Bike, helmet, elbow pads, bike gloves