

# gr8trails recommended kit list

We want you to get the maximum enjoyment out of your short break with gr8trails, but we can't always guarantee the weather! You will need to be prepared for everything the trails and the weather have to offer! We've put together the following recommendations for what to bring with you. Please note, this list is not exhaustive so bring that 'luxury' item that we may have missed.

## Mountain Biking

- Mountain Bike in good working order, or let us know if you wish us to hire one for you.
- Helmet (would be provided with hire bikes).
- Cycle shorts (padded if possible adds to your comfort).
- One or two layers to allow you to remove/add during the day (these can be base layers and a lightweight fleece).
- Waterproof jacket.
- Flat trainers to be used with flat pedals.
- Cycling gloves.
- Water bottle or hydration system.
- Any necessary medication.
- Small rucksack to carry some of the above and food/snacks.

If you plan to use your own bike please bring a small maintenance kit including one or two spare tubes, spare brake blocks/pads, a pump and anything else specific to your bike.



## Walking

- Walking trousers or shorts (not jeans since these get heavy when wet, do not dry quickly and can start to rub).
- Waterproof over trousers and jacket.
- Strong walking boots (fabric or leather), that support your ankle (ensure you have worn them before, so that they do not cause rubbing and ruin your short break).
- Good walking socks (that will keep your feet warm and comfortable, do not use just 1 thin pair of ordinary casual socks since again this can cause discomfort and rubbing).
- One or two layers to allow you to remove/add during the day (these can be base layers and a lightweight fleece).
- Warm, waterproof gloves and a warm hat.
- Sunglasses and sunscreen.
- Water bottle or hydration bladder system.
- Any necessary medication (including blister plasters).
- Small rucksack to carry some of the above and food/snacks.



## Evening wear

- Casual/warm clothes and shoes.
- Toiletries
- Towel
- Medical requirements.
- Large bag to carry all this gear.

## Also consider

Waterproof socks, your own saddle or saddle-cover, your favourite sweets/energy bars, camera, sun protection, lip balm, insect repellent, torch or head torch, gaiters (good for keeping hiker's feet dry), walking poles (great for reducing the strain on hiker's knees).