

COBNOR ACTIVITIES CENTRE  
MOUNTAIN BIKE EXPEDITION KIT LIST



The following kit is required for participants to bring:

Check  
List

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- Sleeping bag
  - Pillow
  - Nightwear
  - Wash kit
  - Towel
  - Enough clothes to change into for the duration of your stay
    - T-shirts and sweatshirts
    - Shorts and tracksuit bottoms or leggings
    - Underwear and socks
  - Waterproofs
  - Footwear e.g. trainers and plimsolls **NOT** flip flops
  - WATER BOTTLE** and snack for the day
  - Small rucksack to carry water and lunch on ride
  - Gloves and cycle helmet (helmet can be provided)
  - Sun cream (factor 20+)
  - Sunglasses
  - Torch

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Please do not bring any valuables or good clothing. **MOBILE PHONES and electrical items are not recommended.**

Please pack all items into a rucksack as these will be transported for you to the camp