



Hi,

Your Bikeability days are fast approaching!

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:

- **Bike!!** 👍
- Wear everyday clothing which is suitable for Spring bike riding (Trainers, Leggings/Shorts/Trackie bottoms **(No denim jeans)**, Thermals, Top, Jumper, Coat/Rain Jacket).
- Any Riders who have long hair, please tie/plait it back off your face.
- Helmet (CE & BS 1078).
- Hi-Viz (Supplied).
- Mask/Buff.
- Glasses/Sunglasses.
- **Gloves.** 👍
- Wipes.
- Tissues.
- Sanitiser.
- Small First Aid kit.
- Suntan lotion (If needed).
- Lip Balm.
- **Drinks bottle(s)!** 👍
- **Snacks.** 👍
- Additional clothing (If needed).
- Bag to keep all of the above in. (Backpack/Rucksack).

The Instructor(s) will have a tool/repair kit for minor repairs/adjustments.

Remember! You need to bring everything you might need but nothing you don't as you will have to carry it on your bike. We will be returning to the school for lunch.

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

Symon Pickett
Bikeability Instructor