

GRAVITYMTB

Rider Checklist

It is your responsibility to review this information carefully to keep our participants and coaches healthy and safe so we can keep riding bikes.

- ✓ If you are ill or showing signs of illness, please stay home and contact Gravity MTB as soon as possible.
- ✓ In **ADVANCE** of the program ensure your bike is in good working order and is safe to ride. Our team is available to answer questions and assist with “quick fixes”.
- ✓ A properly fitting bike helmet is mandatory.
- ✓ Riding glasses/goggles, gloves and protective equipment are highly recommended.
- ✓ Pack for all potential riding weather, including rain.
- ✓ Please carry essential items in a small backpack or hip bag. We recommend:
 - Snacks - please note that ALL programs are **peanut-free**
 - Spare tube (that fits your bike)
 - An extra clothing layer that fits in/on your pack (long sleeve, thin jacket)
- ✓ Below recommended for **ADULT** programs (*optional for kids programs*)
 - 2-3 tire levers,
 - Hand pump and/or a CO2 cartridge and valve
 - Multi-tool
 - Patch Kit
- ✓ Hydration is really important! Riders must carry a water bottle either on their bike, in their backpack or have a full hydration pack.

