



### **What to bring**

Cycling in Epping Forest provides some excellent and challenging riding in natural areas. In order to have the best experience please bring the following equipment with you.

- Clothing suitable for mountain biking, including full arm and leg cover and gloves suitable for cycling.
- We recommend wearing a riding helmet. We provide a helmet at no extra cost if you do not have your own.
- Waterproof jacket and trousers.
- Appropriate cycling footwear. We will not allow you to cycle in flip-flops or open toed footwear. Suitable footwear includes trainers, cycling or walking shoes. Make sure laces are short and tightly tied.
- Personal first aid kit.
- Water bottle(s) and some energy food.
- Mobile phone.
- Only carry belongings in a suitable rucksack, not hanging on the bike or unsuitable bag like a handbag.

### **Before you go**

If after your briefing you or any of your party are still unsure about the operation of the gears, brakes or any other aspect of your mountain bike or other hire equipment, Please ask us for more advice and spend some time familiarizing yourself with the equipment before you start your ride.

### **Safety during your ride**

Go Further Cycling wants to ensure your safety during your experience with us. Go Further Cycling staff are well trained in emergency procedures. Your safety is our primary concern.

- Do not tie clothing around your waist or wear long clothing or trousers that have loose material around the ankles - It could get trapped in the wheels or chain gear.
- Pay careful attention to the map to keep track of your location so you can tell someone where you are if you need to.
- If you have a mechanical problem with your bike do not continue to ride it and call us on 07944 699 563 we will endeavor to bring you a replacement bike.
- If you or anyone in your group gets injured please call us on 07944 699 563 and we will assist you.