



# RECOMMENDED EQUIPMENT

## MOUNTAIN BIKING

- Helmet: Required.** included at rental of mountain biking, or you can rent one.
- Comfortable clothing**
- Food and water supply**  
(Water in the territory of Vallée Bras-du-Nord is not considered drinkable. We strongly advise you to boil your water, bring a filter or treatment (eg. Pristine)
- Comfortable shoes**  
(Our rental bikes are equipped with platform pedals or clipless pedals depending on your preference)
- Trail map**  
(Available in all welcome points)
- First aid kit**
- Cycle pump and tool kit**
- Cellphone**  
(Works only a few places on the trails; usually on the top of some mountains)
- Gloves**
- Goggles**
- Clipless pedals and shoes clips**  
(If you rent some, note that our clipless pedals may not be compatible with your shoes)
- Fly deterrent** (particularly in May and June)
- Garbage bag to bring back ALL YOUR WASTE please**

Be aware that in case of bad weather or even an accident, you could have to remain in one place for a long time while waiting for rescue.



### PERSONAL NOTES

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