

General Outline

These are the details for the MTB skills courses taking place at Lady Cannings Plantation, Ringinglow, in the Peak District National Park.

Plan

Meet your instructor for the day, at [this layby here](#) just off Sheephill Rd, Ringinglow, Sheffield near to the Norfolk Arms pub at 0930. If you have booked just a morning session, expect to be done by 1330 at the latest, and a full day by about 1600. (Depending on energy and concentration levels!)

Food

It would probably be worth bringing some snacks for a morning session to help keep your energy levels in credit and certainly a packed lunch for a full day.

Equipment

a. Main rules of thumb:

On the ride it could be cold, wet, hot or all three – check [the forecast](#) and come prepared!
Steer clear of all things cotton (jeans are no good)
Whatever you use, make sure it's comfortable.

Waterproof jacket
Helmet in good condition
Glasses – these can be sunglasses or builder's safety glasses
Bike lights (October to February courses)
Gloves or mitts to protect your hands
Full length trousers, or shorts and knee pads

c. Optional items if you have them:

b. You will need:

Day-sack (lined with a plastic bag)
Water bottle with at least 0.7 litre of water

Elbow pads
Personal bike spares/tube etc
[Personal 1st Aid kit](#)

Some safety considerations

For the session we advise that you remove all rings from your fingers. Additionally if you have some gloves or mitts, we suggest wearing them too. Eyes can get mud and flies in them – so some sort of glasses would be good to have too. You must wear a helmet.

Payment of balance

If you have yet to make a payment / pay the balance, this can be made by one of these means:

- ☐ by cheque posted to Will4Adventure Ltd, 13 Spring Hill, Sheffield, S10 1ET
- ☐ by BACS details – Will4Adventure 05-08-18 33259456

Please pay the full balance at least one month before the course/event and let us know when you do so. Many thanks!

Consent form

Before you can join us on this course [we need you to complete this consent form](#). If you haven't done this yet, please do so now. [Family groups please complete this form](#).