

It includes:

Adafruit Metro 328 w/ Headers - The Adafruit Metro - assembled and ready to go, including 4 rubber feet

MicroUSB Cable - Perfect for connecting your Metro to a computer

Protoshield Kit - Get hacking with the best prototyping shield out there!

Tiny Breadboard - Fits on top of the protoshield, easy to use

9V DC regulated wall adapter - You can power your Metro from any wall socket. This switching regulator is efficient and small and works with US (110V) and European (220V) power.

9V Battery case with switch and a 2.1mm plug- so you can power your Metro using a 9V battery. This case is much sturdier than just a battery clip and it has an on/off switch too! Note that this comes unassembled

Tutorial starter pack parts - Includes a 10K potentiometer, 1K potentiometer, 2 small pushbuttons, 5 red diffused bright LEDs, one each of red, green and blue ultra-bright LED, 5 100 ohm resistors, 5 1K resistors, 5 10K resistors, and a CdS photocell sensor.

Also includes 65 flexible breadboard wires in 8 colors, perfect for use with the solderless breadboard.