

# *Adventures by Design*

**camp**s • **travel & event planning** • **tour**s

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## Bike Camp Check List

### MANDATORY

- Bike – Although a front (hard tail) or dual suspension mountain bike is best for our off-road camps, a bike without suspension (know as a rigid) or a hybrid can be used. Any of these bikes or a road bike can be used for our on-road camps
- Helmet – properly fit and adjusted
- Water Bottle (filled) & cage or hydration pack (Camelbak)

### STRONGLY RECOMMENDED

- Cycling glasses w/interchangeable lenses or sunglasses (typical sunglasses may be too dark on the trails)
- Cycling gloves
- Saddle bag w/flat kit
- Frame pump

### RECOMMENDED

- Cycling shorts
- Cycling jersey
- Bike rack
- Cycling shoes with cleats
- Clipless pedals

**Remember to come to camp properly nourished and hydrated.**

Discounts on service and merchandise are available for all ABD campers at:

The Bicycle Planet  
540 Jericho Tpk, Syosset  
516-364-4434

Carl Hart Bicycles  
620 Middle Country Rd, Middle Island  
631-924-5850