

Bike Camp Check List

MANDATORY

Bike – A mountain bike or hybrid checked for safety, function & suitability for *off-road* terrain, unless your session is *on-road* only.

Helmet - properly fit and adjusted

Water Bottle & cage or hydration pack

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 cleats

Clipless pedals

Remember to come to camp properly nourished and hydrated