

Mountain Bike Weekend Packing List and other packing Hints

WHAT TO BRING:

- Bible
- sleeping bag
- pillow
- 3-4 changes of clothing which might include
 - 2-3 pair of shorts
 - 1 pr. pants
 - 3-4 t-shirts
- underwear
- socks
- flashlight with extra new batteries
- insect repellent (in a non-aerosol container)
- towel
- toothbrush/toothpaste
- soap/shampoo
- wool or fleece jacket/sweatshirt
- sneakers
- biking shoes
- rain jacket
- camera/film (optional)
- medication/prescription drugs in original containers, with names and dosage instructions printed on them
- 1 sturdy garbage bag to hold wet/muddy clothes

Your clothing will need to last you all weekend, and should be modest, comfortable, casual, and in good taste. Because your riding clothing gets muddy/wet while biking, we're suggesting extra clothing, as you might need to change more than once daily.

Essential Bicycling gear:

- Mountain bike (newly tuned and in excellent working order)
- Helmet (use required)
- 2 water bottles that attach securely to your bike frame or hydration backpack
- extra inner tube for your tires
- small inner tube patch kit
- large fanny pack or day back sack (for carrying lunch, spare tube and patch kit)

Non-essential gear (but nice if you have it):

- Padded cycling shorts
- Toe clips/clipless pedals w/shoes
- Padded cycling gloves
- Sunglasses

DO NOT BRING:

- Food, beverages, or snacks
- CDs/mp3/iPod/any digital or video player
- Nintendo or other electronic gaming equipment
- Fireworks
- Tobacco products
- Lighters
- Fixed blade knives
- Cell phones
- Laser pointers