

# Mt Biking

## What to bring:

- Sturdy sneakers / trail runners
- Base-layer athletic clothing
- Fleece / insulating layer
- Light-weight / quick drying pants
- Rain jacket
- Sunglasses
- Water (32oz +)
- High energy snacks
- Extra cash

## What to tell our staff:

- Height - for sizing bike
- Helmet size
- If you would like a rental day-pack, or have your own



## Provided Gear

## Personal Gear



### Daypack:

- Water bottles
- High energy snacks
- Spending money

### Athletic clothing (layers)

- Base - wicking, performance materials
- Insulating - fleece, wool, down
- Shell - rain jacket / pants

### Sneakers / trail runners