

OUTDOOR LEADERSHIP LAB
GEAR LIST
MOUNTAIN BIKING

- Two water bottles that attach to your bike or a hydration system that fits in a backpack
- One backpack (large enough to fit a jacket and lunch , small enough to not interfere with riding a bike)
- One spare tube that fits your bike and a small tube patch kit
- Bike helmet
- Sunglasses
- Non-cotton clothes appropriate for biking all day in (cool and warm weather clothes) Note: padded biking shorts are not necessary though they are more comfortable to ride in.
- Rain Jacket (we will be biking rain or shine)
- Gloves and a hat that will fit under your helmet for cooler weather
- Closed toe shoes
- Sunscreen
- One small Phillips head screw driver and or one small bike specific multi tool

Bring your own mountain bike if you can. Suspension is not necessary. Your bike must be in good working condition (at least 18 gears, newer brake pads, shifting smoothly, wheels true)