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