



### **Equipment list for Biking**

The required items below are things you will use during your trip. The recommended items are nice to have, but you don't need to rush out and purchase them. Bottled water will be provided on the bikes.

#### **Required Items**

- Sun Screen (SPF 30 or higher)
- A hat with a brim
- Sunglasses (Suggested: neck strap such as "Chums" or "Crookies". Your glasses may get lost without a neck strap).
- A light sweatshirt or sweater and a windbreaker
- Comfortable walking shorts or cycling shorts
- Comfortable tennis shoes or light hiking boots
- Rain jacket or waterproof shell

#### **Recommended Items**

- A camera (in a protective case)
- Cycling gloves
- Polypropylene/ "Capilene" or other synthetic clothing (sweatshirt and light layer)
- A small pack or hip sack or Camel Back to hold your stuff
- Buff or bandana (for nose and mouth protection)

If you have any questions about gear for your trip please give us a call or e-mail