



### **Equipment list for Biking in Fall and Spring**

Tahoe Adventure Company will provide bottled water, front suspension bikes and helmets.

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. It can be chilly here in the mountains during the Spring and Autumn so please follow this list closely to assure your comfort and safety. Dressing in layers is the key to comfort.

#### **Required Items**

- Sun Screen (SPF 15 or higher)
- Sunglasses (Suggested: neck strap such as "Chums" or "Croakies". Your glasses may get lost without a neck strap).
- Long sleeve or regular tee shirt
- Sweatshirt or sweater **and** a windbreaker
- Rain jacket just in case
- Walking or cycling shorts **and** loose fitting athletic pants (can be worn over shorts). OR, wear thermals under your shorts
- Comfortable tennis shoes or light hiking boots w/ socks
- A small backpack or hip sack to hold your stuff

#### **Recommended Items**

- Camera (Suggested: waterproof case)
- Cycling, fleece or thin gloves
- Polypropylene/ "Capilene" or other synthetic clothing

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

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