



# Mountain Biking Packing List



**Program Details:** 5 Days

**Welcome to Avid4 Adventures Day Camp Programs!** The provided packing list serves as a *simple guideline of suggestions* to follow for your time with Avid4 Adventure. Please use your best judgment to the number of items to consider based on the type of program and the needs and tendencies of your camper.

Please label all personal belongings. Avid4 Adventure is not responsible for lost, stolen or damaged items.

## General:

- **Masks** – We are requesting that all campers bring their own masks in case they become ill at camp.
- A backpack, sized to fit your child that can fit food and water. **Please note that your camper will be riding with their backpack.** Therefore, it is essential that the pack fits your camper and does not have long hanging straps.
- Please send children in a shirt that covers their shoulders for adequate sun protection.
- Change of clothes
- Warm layer & rain coat (location dependent)
- Snack – Campers are asked to bring their own mid-morning snack
- Lunch – no refrigeration necessary and creating the minimum amount of trash which the camper will need to carry out, please
- 2 full water bottles
- Sunscreen with child's name clearly labeled
- Sunglasses (optional)



### **Biking Items:**

- Closed toe shoes appropriate for biking that will not easily come off
- Biking gloves (optional)
- Your camper's personal bike and helmet.
  - *We strongly encourage campers to bring their own bike that fits them well. We recommend this so they are practicing on the bike that they will be using once camp is over.*

All campers should arrive to camp with a tuned bike that fits them well. Brakes should be in great working order, tires inflated, and frames ready to hit the road & trails. If you do not have a bike to meet this need, one can be [purchased](#) or rented for the week through Avid4 Adventure via your registration account on Active.