



# Valmont Bike Park 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.
- At Valmont Bike Park we REQUIRE riding gloves, elbow pads, knee pads, a bike, and a helmet. Equipment can be purchased (pads/gloves) or rented (bikes and helmets) via add ons through the Avid4 Adventure registration platform on Active.
- Your camper's personal bike and helmet.
- A backpack, sized to fit your child that can fit food and water.
  - Please note that your camper will potentially be riding with their backpack. Therefore, it is essential that the pack fits your camper and does not have long hanging straps.
- Closed toe shoes that tie on feet and will not easily come off
- 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

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- 2 full water bottles
  - Sunscreen with child's name clearly labeled
  - Sunglasses (optional)

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.