



Equipment Checklist

Appropriate equipment in good working order makes for a comfortable and enjoyable outdoor adventure.

Bike Gear:

- Bike (mountain bike with tire 1.9" or wider and an aggressive tire tread)
- Spare Tube (compatible with your tire size)
- Derailleur hanger (compatible with your bike)
- Hydration Pack with water and snack

Bike Clothes:

- | | |
|---|--|
| <input type="radio"/> Helmet approved by CSA, EN, ASTM, SPSC or Snell B90/B95 | <input type="radio"/> Shoes |
| <input type="radio"/> Padded Shorts | <input type="radio"/> Socks |
| <input type="radio"/> Over Shorts | <input type="radio"/> Knee/Shin and Elbow Pads (recommended) |
| <input type="radio"/> Sunglasses | <input type="radio"/> Light Rain Jacket |
| <input type="radio"/> Gloves | <input type="radio"/> Warm Layer |
| <input type="radio"/> Shirt | |

Apres Ride: Following a ride, it's nice to have the following:

- Towel
- Bag to hold wet/grimy bike clothes
- Spare underwear
- Comfortable top and bottoms
- Comfortable footwear (flip flops/crocs/etc.)
- Ball cap (other headwear to offer shade)
- Foldable chair (It's nice to have somewhere to sit post ride)
- Cold drink and snack

Other Essentials:

- Chamois Cream (for your shorts as well as under protective pads)
- Sunscreen