Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in Mountain Biking TREK.

Please note: When you arrive for your check experience, TREK leaders will check your pack to ensure you have all the necessary items from this list prior to departure. This ensures both your safety, as well as the safety and enjoyment of others in your trip.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly and maintain their ‘loft’ when they get wet. Hence, the specificity here for cotton, vs. non-cotton 😊

- 1 115-liter stuff sack to contain clothes (and become your pillow!)
- 1 Set of Non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
- 2 Quick dry t-shirts (No cotton)
- 1 Cotton t-shirt (optional) – some find comforting to change into a cotton t-shirt once in camp if the weather is nice
- 2 pairs of Quick dry/athletic shorts (No cotton) – these should be comfortable and not restrictive to hike in all day long.
- 1 windbreaker jacket (optional) - These layers are great for windy but sunny summits to break up the cold.
- 1 waterproof rain jacket – The best test for waterproofing is to hold the material up to your mouth and try to suck air through it. If you can’t get any air through, it’s for certain waterproof...though some fancier jackets are both breathable and waterproof.
- 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks – (no cotton)
- 1 Light warm hat - wool or synthetic fiber
1 Fleece/or lightweight synthetic down jacket – if a light down jacket, consider synthetic down because we live in a wet part of the world and once goose down gets wet it doesn’t keep you warm.

2 - 4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge! no cotton

PERSONAL ITEMS

1 Pair camp shoes/closed toe sandals – (chucks, tennies, sneakers...etc.)
Sun Hat or Bandanna
1 pair sunglasses and protective case
Toiletries – Toothbrush/paste, hairbrush (if you have hair to brush), lip balm, sunscreen, extra contacts (if you wear them), contact solution, glasses if you wear contacts throughout the day and any medications you may need, menstrual products, Band-Aids, wet wipes (optional) for a “trail shower” ...etc.
1 'Mystery bag' – Every participant should bring 1-gallon Ziplock bag that is in one way or another made opaque – purchase an all-black one, cover a clear one in duct tape...etc. These are used to carry out your used toilet paper, wet wipes, menstrual product and Band-Aids.

ESSENTIAL EQUIPMENT

1 pair bike shoes – closed toe, below the ankle, active shoes. Sneakers work just fine, but there are special shoes made specifically for mountain biking. You don’t need ‘mountain biking shoes’ specifically, but they are great if you’re already in the market for a new pair of shoes.

2-3 pairs padded biking shorts
Bike Helmet – Must be in good, functioning condition and fit well.
Cycling gloves - They don’t have to be fancy, just lightweight and fit well.
Bike tube patch kit
1 daypack with a 2-3-liter hydration pack
1 Large Duffel Bag (60 – 85 liters)
1 Sleeping bag (30-20-degree rating) - No cotton, and should be synthetic down.
1 Sleeping pad –
2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.
Plastic or metal eating/dining set – bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!
☐ Thermos or mug
☐ 1 Pocket Knife/Leatherman multi tool/bike specific multi tool
☐ 1 Headlamp with extra batteries.

OPTIONAL ITEMS

☐ Camera
☐ Personal Journal and Pen
☐ Musical instrument that easily travel (no full-size guitars)
☐ Favorite Poem or Prose for around the campfire
☐ Nighttime reading Book

If you’re planning on bringing your own bike:

Bring it into a bike shop with a dedicated bike mechanic, explain to them that you’ve just signed up for a 5-day mountain biking trip and:

1. Ask them to ensure your bike is appropriate for 5 a day trip – Not all mountain bikes are. Many mountain bike companies keep costs low by building the bike with less durable metals or simpler designs. These bikes tend to brake in ways that cannot be repaired. If you’re bringing your own bike, it must be repairable.

2. Have it tuned so it is in good working condition when you arrive for TREK.

3. That it is fit to you comfortably.

4. Aside from one that works and in good mechanical condition, you’ll want one that at least has some form of front suspension – a front shock that will take out some of the thumping and pounding that you’ll experience on the trails. Full suspension bikes – with shocks attached to both your front and rear wheel – are super nice, but not necessary if you are just getting into the sport. If you have questions regarding how appropriate your bike is for TREK, feel free to drop a line to either the TREK logistics crew (wildtrek@uvm.edu), the Outdoor Program Coordinator, Megan Meinen (our resident Mountain Bike expert) Megan.meinen@uvm.edu or the Assistant Director of Student Life for Outdoor Programs, Devin Farkas (Devin.farkas@uvm.edu)