

MOUNTAIN BIKE TREK PACKING CHECKLIST

Please pack in one (1) medium size duffle bag and one (1) day back-pack or Camelbak style hydration pack. A support van will be with us daily to transport bikes and provide lunch food, snacks and hydration. You will want to have the backpack to carry extra lunch and an extra shirt or rain coat.

Cycling Gear:

- Mountain bike, tuned with at least 18 gears*
- Helmet
- Cycling jersey's or T-shirts
- Poly-pro, lycra or wool tights
- Cycling shorts (you will be glad you brought them)
- Sweatshirt or fleece top
- Windbreaker or light jacket
- Firm soled shoes for cycling
- Cycling gloves
- Rain gear suitable for cycling (top & bottom)*

Casual Camping Wear:

- T-shirts
- Flannel Shirts
- Lightweight jacket or sweatshirt
- Jeans
- Shorts
- Sandals
- Lightweight hiking boots/sneakers
- Swimsuit & towel
- Socks & underwear
- Sunglasses

Gear & Accessories:

- Sleeping bag
- Bandana or sweatband
- Camera
- Sleeping pad
- Lip balm
- Personal toiletry kit
- Sun block
- Pillow
- Headlamp
- Small back-pack
- Wool or synthetic ski hat
- Spare glasses or contacts
- Insect repellent
- Prescription drugs
- Hat with sun visor
- Extra towel

If You Are Bringing Your Own Bicycle...

- Water bottle with cage or hydration pack.
- Personal tool kit containing: a tire patch kit, two spare tubes that fit your bicycle, a set of three tire irons and a dependable frame mounted air pump.
- Bike is tuned and fits properly.**

Preparation For Your 4 Points Expeditions Mountain Bike Week

Conditioning:

For maximum enjoyment of your week, we recommend that all mountain bikers engage in pre-tour conditioning. While our rides are suitable for most healthy adults and teenagers, it is always advisable to get out and ride a few times before your tour (among other things, this will allow your backside to adjust to a bicycle seat). If you are new to the sport and not regularly active, consult your physician before training. It is always a good idea to stretch your muscles before and **after** a ride. Try to cycle two or three times a week for three weeks leading up to your week. Always ride at your own, comfortable pace. Include some hilly terrain on your training rides. Practice shifting and breaking, gradually increase your mileage and always wear your helmet when cycling.

Bringing Your Own Mountain Bike?

If you are bringing your own mountain bike, be sure that it has at least **18 gears and is in perfect working condition**. Take your bicycle to your local bike shop and have it tuned. Allow one week for this to be done.

What Kind of Bike should I bring?

You must bring a **mountain** bike with a front shock (active suspension). Rear shock is not necessary but will make riding more comfortable. If you have questions regarding how appropriate your bike is for TREK, feel free to contact the TREK logistics team by email: wildtrek@uvm.edu

Rental Bikes:

If you are renting a bike from us and have your own helmet, we recommend you bring it, though it is not required (we provide helmets with all rental bikes). **If you are renting, please complete the bicycle rental form and return it. Rental bikes are available for the week (see rental form), cost \$120.**