



Biking Trips Equipment List

For each biking trip guests should be prepared to bring the following.

- Weather and activity appropriate clothing (preferably synthetic)
- Riding appropriate shoes
- Water bottle
- Small backpack for riding
- Sunscreen
- Insect repellent
- Sunglasses
- Personal snacks

Optional:

- Camera
- Bathing suit
- Cycling Gloves
- Personal Helmet
- Extra change of clothes
- Padded bike shorts
- Personal Mountain Bike