

The Mountain Workshop
9 Brookside Place
West Redding, CT 06896
203-544-0555 FAX 203-544-0333

CLOTHING AND EQUIPMENT LIST (Page 1 of 2) TRAILMARK EXPEDITION BIKE TRIPS (MV/Nantucket)

Please do not omit items on the required list. What you wear opening day is from this list. Due to limited space available in the vans, please do not bring extra clothes. Be sure to mark or label all items.

PERSONAL CLOTHING & ITEMS REQUIRED:

- | | |
|---|---|
| <input type="checkbox"/> 3 T-shirts | <input type="checkbox"/> Rain gear: jacket and pants |
| <input type="checkbox"/> 1 long sleeve cotton shirt | <input type="checkbox"/> 1 baseball cap/sun hat |
| <input type="checkbox"/> 1 polypro "quick-dry" long-sleeve shirt (lt or med weight) | <input type="checkbox"/> 1 bathing suit |
| <input type="checkbox"/> 1 fleece or wool pullover (not cotton) | <input type="checkbox"/> 1 towel (not a bulky towel) |
| <input type="checkbox"/> 2 pairs shorts | <input type="checkbox"/> Toiletries (shampoo, soap, toothbrush toothpaste) small size and packed in a waterproof case or Ziploc bag |
| <input type="checkbox"/> 1 pair nylon warm-up pants | <input type="checkbox"/> Sunblock (min SPF 30) |
| <input type="checkbox"/> 1 windbreaker (or rain gear top can be used) | <input type="checkbox"/> Lip balm, with SPF |
| <input type="checkbox"/> 4 pairs underwear | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> 1 pair light wool socks | <input type="checkbox"/> Sunglasses with keeper strap |
| <input type="checkbox"/> 3 pairs athletic socks | <input type="checkbox"/> Cycling gloves (required) |
| <input type="checkbox"/> Lightweight sleepwear | <input type="checkbox"/> Ziplocs, pack all belongings in large Ziplocs for waterproofing |
| <input type="checkbox"/> 1 pair cycle touring shoes or sneakers | <input type="checkbox"/> 4 extra Ziploc bags - assorted sizes |
| <input type="checkbox"/> 1 pair Lightweight sneakers or sandals | <input type="checkbox"/> Tupperware sandwich box |
| <input type="checkbox"/> 1 camelback or small daypack | <input type="checkbox"/> Bag lunch for Day 1 |
- Any personal medications as noted on health forms:

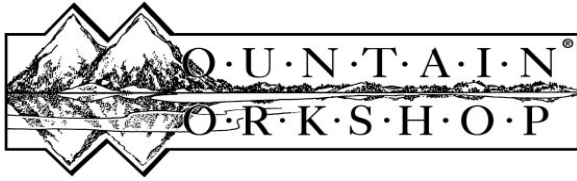
Medications (prescription or over-the-counter) must be sent in original container showing child's name and prescribed dosage - complete "Authorization for Administration of Medication" form.

BEDDING/SLEEPING BAGS:

All bedding and pillows are provided by the hostel. There is no need to pack any bedding, pillows, or sleeping bag.

Note: DO NOT BRING:

Game boys or hand held electronic games, as these conflict with our program mission.
iPods or MP3 Players
Knives
Matches or lighters
Cell phones



The Mountain Workshop
9 Brookside Place
West Redding, CT 06896
203-544-0555 FAX 203-544-0333

CLOTHING AND EQUIPMENT LIST (Page 2 of 2) TRAILMARK EXPEDITION BIKE TRIPS (MV/Nantucket)

PERSONAL GEAR REQUIRED:

- Bicycle - **MUST BE TUNED UP AND TESTED PRIOR TO TRIP!**
a minimum of a 21-speed bicycle is required. Bike should be properly sized and recently tuned up. Road bikes, hybrids and mountain bikes are acceptable. We recommend mountain bikes be equipped with street/hybrid tires for easier riding. Racing tires, racing bikes, and BMX bikes are not appropriate. Train and be familiar with this bike before the program.
- Rear rack
A rear rack supports the panniers you will be carrying. **Panniers will be provided by The Mountain Workshop.** Choose a rear rack that has hooks to attach the panniers (such as Bell Cargo Rear Rack, Blackburn Mountain Rack, or Kruzer King Torpedo Classic Rear Rack). A seat post only mounted rack *will not work*. The rack must attach to the bike frame at the seat stay/seat post junction **and** the rear dropout as well. Please have it securely mounted prior to arrival on your trip.
- Helmet
A helmet is required and will be worn at all times while riding. Make sure it is ANSI approved.
- Spare inner tube - make sure this is the right size for your bike.
- Reflective vest - will be used on foggy or rainy days
- Small flashlight or headlamp with batteries
- 1 Bungee cord, 24 or 36 inch - used to secure items to rear rack.
- Bike lock and cable - for our purposes, a combination lock and cable are preferred over Kryptonite horseshoe type locks. Set combination to easy to remember number, such as birth month and year or part of phone number. If keyed lock, bring 2 keys!!
- 2 Water bottles - at least one with cage on bike frame.

OPTIONAL ITEMS:

Handlebar bag	Cycling shorts
Pump	Small camera
Toe clips (practice using before program)	Bike tools

PACKING:

Think small and compact. The panniers provided can easily hold all listed items, but space is limited. Bring all packed Ziplocs in a garbage or recycle bag. (Do not pack in duffels or suitcases.) After arrival on the first day, you will repack your gear into the panniers. In addition, campers should pack day pack with items they want easy access to, such as lunch, water bottle, sunscreen, etc.

LABEL EVERYTHING!