



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 (Vermont)

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"/> 1 pair mittens or gloves |
| <input type="checkbox"/> 1 long sleeve cotton shirt | <input type="checkbox"/> 1 winter 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 |
| <input type="checkbox"/> 2 pairs shorts | <input type="checkbox"/> 3 bandanas (used to dry hands) |
| <input type="checkbox"/> 1 pair nylon warm-up pants | <input type="checkbox"/> Toiletries (shampoo, soap, toothbrush, toothpaste, floss, hand sanitizer) |
| <input type="checkbox"/> 1 windbreaker (or rain gear top can be used) | <input type="checkbox"/> Sunblock (min SPF 30) |
| <input type="checkbox"/> 4 pairs underwear | <input type="checkbox"/> Lip balm, with SPF |
| <input type="checkbox"/> 1 pair light wool socks | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> 3 pairs athletic socks | <input type="checkbox"/> Sunglasses with keeper strap |
| <input type="checkbox"/> Lightweight sleepwear | <input type="checkbox"/> Small headlamp/batteries |
| <input type="checkbox"/> 1 pair cycle touring shoes or sneakers | <input type="checkbox"/> Cycling gloves (required) |
| <input type="checkbox"/> 1 pair Lightweight sneakers or sandals | <input type="checkbox"/> 4 large, clear garbage bags for packing |
| <input type="checkbox"/> 1 camelback or small daypack | <input type="checkbox"/> Mosquito head net |
| <input type="checkbox"/> Rain gear: jacket and pants | <input type="checkbox"/> Extra batteries for headlamp |
| <input type="checkbox"/> 1 baseball cap/sun hat | <input type="checkbox"/> Bag lunch for Day 1 |
| <input type="checkbox"/> 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.

PERSONAL GEAR REQUIRED:

- Sleeping bag (synthetic)
3 Season bag with a temperature rating of 20°. Polarguard, Hollofil, or Qualofill recommended semi-rectangular or mummy style. Bag must be compactable and have a stuff sack. Cloth fabric and down bags are not permitted.
- Sleeping pad
(A thin, closed cell Ensolite, Duralite, Regalite or self-inflating Therma-rest mattress and repair kit. Should roll up to a diameter of 8")
- Duffel bag
1 Soft sided, no larger than 18" x 36" size with full-length zipper. Sleeping bag and sleeping pad may pack separate from duffel.
- Eating utensils
1 (12-16 oz.) insulated mug, 1 plate (9-11"), 1 bowl, 1 fork and spoon. 12"x18" mesh bag used to hold items. 1 Tupperware-type container designed to hold two sandwiches.
- Backpack
1 Backpack with padded shoulder straps - large enough to hold a lunch, water bottle, rain gear, camera, etc.



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CLOTHING AND EQUIPMENT LIST (Page 2 of 2) TRAILMARK EXPEDITION BIKE TRIPS (Vermont)

BIKING 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.
- 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:

Pack all clothing and gear in clear garbage bags* for waterproofing, then inside one large duffel. To waterproof sleeping bag, line stuff sack with garbage bag, then stuff sleeping bag. Duffels may be packed outside of the van and waterproofing is essential in case of rain. In addition to duffel, campers should pack day pack with items they want easy access to such as lunch, water bottle, rain gear, sunscreen, etc.

*We recommend using clear garbage bags (instead of black garbage bags) for easy identification and to reduce the possibility of confusing with garbage.

Arrive with only 5 items:

Packed duffel Backpack Sleeping bag Sleeping pad Bike and gear

Note: DO NOT BRING:

Game boys or hand held electronic games, as these conflict with our program mission.
iPod or MP3 players
Knives
Matches or lighters
Cell Phones

LABEL EVERYTHING!