

Cycling Day Trips - Equipment list

*Must bring everything on this list. You will be wearing or carrying all of this with you when cycling.

Equipment	Comments
Mountain bike or similar (in good repair)	We will be cycling mostly on a level gravel or paved surface. Make sure it fits and is in good repair. Mr. Pontalti does have access to a few bikes that he can loan out if you are stuck.
Parent approved bike helmet	
Water bottle 1 litre	
Comfortable -Day Pack to wear while cycling	If your bike is equipped with a rack and panier bags feel free to use in place of a back pack.
Rain jacket	Lightweight coated nylon is great
Extra fleece sweater/jacket	Extra layer to put on if cold
Toque	
gloves	
Synthetic (polyester /nylon etc.) shirt, socks, and pants or shorts.	Wear synthetic clothing while cycling, you will stay warmer. Do Not wear cotton.
Sunglasses/ sunscreen	
Small booklet and a pen	For Journaling purposes
Optional: Spare tube, bike pump and repair tools	
Bag lunch and snacks	Something nutritious that will sustain you over a long day.