

Cycling Day Trips - Equipment list for Cooler weather

*Must bring everything on this list.

You will be wearing or carrying all of this with you when cycling.

1. Mountain bike or similar (in good repair) -Load your bike in the trailer in the morning before school on the day of the event.

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.

2. Parent approved bike helmet

3. Water bottle 1 litre or more

4. 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 backpack.

5. Rain jacket (Rain pants or wind pants will help keep you warmer too)

Lightweight coated nylon works great for rain or wind protection

6. Extra fleece sweater/jacket

**7. Extra layer or two to put on if cold (Long underwear is a good idea)

8. Toque and a neck tube or scarf

9. Gloves (warm and water resistant)

10. Synthetic (polyester /nylon etc.) shirt, socks, and pants or shorts.

Wear synthetic clothing while cycling, you will stay warmer. Do Not wear cotton.

11. Sunglasses/ sunscreen

12. Small booklet and a pen

For Journaling purposes

13. Bag lunch and snacks

Something nutritious that will sustain you over a long day.

14. Waterproof your foot wear and bring 2 solid plastic bags to put over top of your socks and inside your shoes. This is a good trick to help keep your feet warm when cycling in cold weather.

Optional: Spare tube, bike pump and repair tools, hot shots for your hands and feet.