



# Mountain Biking

**PRE-TRIP MEETING:** \_\_\_\_\_ (date) @ 6 PM in the Peak Adventures office (PeakAdventures.org for map)

**TRIP:** Date of Trip: \_\_\_\_\_ (date) Meeting Place: **Peak Adventures office**

Meeting Time: \_\_\_\_\_ (time) Approx. Finish Time: \_\_\_\_\_ (time)

## Mountain Bike: Participants must provide their own bikes.

The bike should be multiple geared, well maintained and checked over by Peak Adventures staff member prior to the trip. Please see us if you have any questions about the suitability of your bike. If you are in need of a mountain bike, please let us know at the time of registration. Peak Adventures has a few rental bikes available for a small fee. These bikes are rented on a first come, first served basis.

### Clothing and Gear

\* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.

- Helmet (required)
- Gloves (required)
- Biking shorts/pants
- Riding socks
- Biking shirt or jersey
- Sunglasses
- Windbreaker (lightweight, fits easily in fanny/ hydration pack)
- Biking shoes or lightweight hiking or sturdy running shoes.
- Bandana (optional)
- Arm/leg warmers and full fingered gloves are a nice addition during colder seasons
- Water (at least 2 liters) in a hydration bladder or water bottles.
- REMEMBER: **NO COTTON, NO JEANS**

### Hydration pack, backpack, or large fanny pack with the following items:

- Food (Power Bars, Clif Bars, Trail Mix, etc.)
- Small personal first aid kit (the guides/instructors will also carry a larger first aid kit)
- Tire levers
- Spare tube or a patch kit
- Simple multi-tool
- Hand pump
- Camera (optional)
- Whistle (optional)
- Spare clothing for the drive home
- Sunscreen and lip balm
- A fun attitude

## Alcohol and illegal drugs are prohibited on all Peak Adventures trips.

### Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.