

Teen Adventure Bike - Equipment List

This list is *extremely* important; please follow it closely. Proper equipment is essential. Our goal is to provide exciting, challenging and positive outdoor adventures. However, the quality of your camper's experience can be affected by the appropriateness of the equipment you provide. The misery caused by an ill-fitting bicycle or inadequate gear can color a camper's attitude toward biking and camping, in general. Please help your teenager enjoy Teen Adventure! All items *not* listed in the Optional, or Do Not Bring categories are required. If a camper does not bring a required item, TA staff or parents have to drive to town to buy them—and they are often difficult and/or expensive to find at the last minute. For safety reasons, campers are not permitted on the trail without them. **Parents—please check that your TA camper has packed all items on the list before departing for TA.**

Critical Equipment: *label all items to avoid loss*

- A bicycle.** There are many types of bikes, and most will work, but best type of bike for this trip is either a hybrid, touring or mountain bike. We will be riding on paved, dirt and gravel roads and trails. We will have a mechanic on site to check out your bike when you arrive, but it's a good idea to get it checked out before hand to minimize last minute repairs/purchases. The most important things about the bike:
 - Comfortable fit – be sure your camper can stand over the top tube with a few inches of clearance- give it a test ride to see how it feels. This is important not only for comfort, but for safety and prevention of injury as well. If you consult a bike shop, tell them this is for touring, not racing or mountain biking.
 - Sturdy rear rack
 - Triple chain ring (the one in front)
 - Good tires (not skinny, not big nobbies, best type is 28 – 35 mm with a somewhat smooth tread)
 - Water cage (to hold the water bottle) at least one, two if your bike can handle it
 - Good brakes
 - Front white reflectors, red rear reflectors. If you have lights, that's even better.

If you're camper does not have a good bike, and you are interested in renting one, please let us know.

- A lightweight sleeping bag with a nylon stuff sack.** Flannel sleeping bags are simply too heavy for our program. We recommend a synthetic fabric bag filled with a lightweight synthetic fiber. Down bags become heavy and provide no warmth when wet. Stuff sacks are essential because they make the sleeping bag more compact and help protect it from rain. A sheet is also highly recommended and is a great way to keep the bugs off and sleep in hot weather. An old sheet can be sewn part way up the side to make a "sheet sack."

Footwear: (3 pairs of shoes needed):

- Sturdy, lightweight shoes.** Shoes should be comfortable and lightweight with flexible soles. Shoes must be broken in. Hiking shoes or sports shoes are fine as long as they have good padding. Cycling shoes with pedal cleats are great, but you will also need an extra pair of walking shoes.
- River shoes** Your camper will also need a pair of shoes to wear for river activities. They must have a snug strap (no flip-flops or crocs) and be sturdy enough to walk distances in.
- Extra shoes.** These should be as lightweight and compact as possible. Some campers bring two pairs of extra shoes, a pair of sneakers and something light and open such as flip-flops or crocs.

Other Required Equipment:

- 1 bicycle helmet – CPSD Certified (check the label)
- 1-2 spare inner tubes (sized to fit your bike)
- 1 Ensolite pad or Thermarest pad
- 4-6 Hefty Steel Sack type garbage bags to line panniers
- 2 web straps or bungee cords (30"-36" long) to attach sleeping bag to rack
- 1 plastic bowl, 1 soup spoon, 1 plastic cup
- 2-3 one quart /liter water bottles that fit in water cage (an empty, one liter soda water bottle is cheap, tough, and easy to replace.)
- 1 lightweight headlamp & extra batteries

- 1 lightweight raincoat (raincoat with elastic around the wrist and long enough in the back to cover your bottom is the best – ponchos do not work well on a bike)
- Toiletries (toothbrush, paste, and biodegradable soap/shampoo)
- 2 bottles SPF 30 sunscreen
- Non-aerosol bug repellent

Clothes: *Pack very light, as you will be carrying all of this on your bike*

- 1 swimsuit
- 3 T-shirts (Many people bring at least one synthetic. Sleeveless shirts are also popular. Bicycle shirts are fine, but not required)
- 2- 3 shorts (at least one pair of biking shorts with padding, while not required, will go a long way to increase comfort)
- 1 pair cycling gloves
- 1 pair long pants (fleece or synthetic sweatpants work well – No cotton)
- 1 or 2 long sleeve shirts or long-sleeve T-shirts (one should be cotton for sun protection)
- 3 pairs of socks (No cotton --> causes blisters)
- 1 sweater or sweatshirt (wool and polar fleece / no cotton)
- 1 pair of eyeglasses with a very secure glasses strap if you wear glasses or contacts
- 5 pairs of underwear --
- 1 bandanna
- 1 pair of sunglasses (very much needed! – be sure it fits with bike helmet on)
- 1 warm hat (wool or polyester--very much needed!)

***** We will be making panniers out of plastic cat litter containers (rectangular bucket size with lids). If you have cats, or have access to recycling center, SPCA, pet store, etc. please bring 2 with you. We will supply the additional tools, paint, etc. needed *****

Optional Equipment:

- Handlebar bag
- Letter writing supplies
- Very small notebook or journal
- Small camera and film (waterproof disposables are a great idea)
- Sheet sack - see above
- Bag Balm, Udderly Smooth or some type of anti-chafing crème or chamois butter to prevent chafing—very helpful!
- \$20-\$30 spending money
- Small pocket knife

Do Not Bring:

- Delicate clothing or jewelry (these tend to be damaged or lost)
- Aerosol dispensers or spray cans
- Ipods, Mp3 players or other electronic games or equipment
- Fire works, large knives, guns, or any other weapons
- Non-prescription medicines
- Cigarettes, drugs, or alcohol: the possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home
- Anything that you dearly love and would hate to lose or ruin
- More than \$30 cash
- Cell Phones

Remember:

You have to *carry* all this equipment on your bike, in and on top of two panniers. **PACK LIGHT.** It is impossible to stress enough the importance of proper equipment. Parents - If your child arrives without the proper equipment, we may have some equipment you can purchase on site, but you may be required to go to the nearest outfitter or bike shop to purchase gear before being enrolled. If you have any questions please contact us.

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