

## WHAT TO BRING TO MTN. BIKE CAMP:

**Required Items:** It is essential that campers come with all items on the "Required Items" list. Especially note the need for proper footwear, warm outerwear and an adequate sleeping bag. We are concerned that many campers come unprepared for our outdoor oriented programs. Mountain weather is very unpredictable. Snow and rain are possibilities campers must be prepared for!

1 complete change of clothes for at least every 2 days spent at camp.

Mountain bike (your own or one you are able to borrow).

Bike safety helmet (skid-lid, brain bucket, etc).

1 complete change of clothes that can get wet or dirty from water.

1 pair of shoes or sandals that can be worn in the water.

1 pair of sturdy footwear.

2 pairs of running shoes.

Raingear.

1 or 2 pairs of wool socks (your feet will be warmer than in cotton socks if they get wet).

Swimsuit

1 summer jacket

1 warm jacket

1 heavy sweater (wool or polar fleece best).

Sun hat

1 pair of gloves or mitts

toque or winter hat

Canteen or water bottle with watertight lid (a 1 litre pop bottle works well).

Bible, pen/pencil

Toothbrush, toothpaste, soap, comb/hair brush etc.

Towel & wash cloth

Sleeping bag (warm enough to keep you warm down to 0Celsius) and extra blanket if you get cold (you will be sleeping in unheated cabins at the campsite).

Pillow.

Any medication needed on a regular basis.

**\$30.00 for lift ticket-GST & PST included (Fernie downhill biking trip)**

Bike repair kit:

**Repair Kit** (suggested basic items)

\_\_\_ \*compact high pressure pump or CO<sub>2</sub> Inflator

\_\_\_ 1 patch kit

\_\_\_ tire levers

\_\_\_ small screwdriver

\_\_\_ adjustable wrench

\_\_\_ \*Allen keys

\_\_\_ \*chain tool, spare links, and 2 pins

\_\_\_ \*spoke wrench & extra spokes

\_\_\_ \*grease and oil

\_\_\_ rags

\_\_\_ 3 gear and brake cables

\*No need to purchase these items immediately. These items will be shown and their use demonstrated so participants can make a more informed purchase at a later date. Also these items are available as compact, lightweight, multi-purpose, emergency tools.

<sup>1</sup>Avoid patch kits with metal buffer; get patch kit with emery cloth.

<sup>2</sup>Spare pins required for Shimano chains

<sup>3</sup>Purchase two each of brake and gear cables, preferably Japanese made (Shimano), not Taiwanese quality as they are easier to adjust and maintain (less frustration for little additional cost).

**Remember:** Keep your tool kit as light and compact as possible – tools are heavy. *Do not* carry a tool that you *do not* know how to use.

**Optional Items:**

Daypack

Bike armour

Biking gloves

Flashlight and spare batteries

Insect repellent, sunscreen, sunglasses, chapstick

Camera (you will NOT be allowed to use your phone as a camera)

Musical instruments

We are a Christian camp and you will be expected to dress modestly. Guys will be expected to wear shirts at all times, except swimming and show no underwear above pants.

Girls – no short shorts or short skirts, no halter tops or spaghetti straps and no bikinis.

**DO NOT BRING:** personal electronic devices (cell phones, iPods, MP3 players, etc.), pets, tobacco products, alcohol, drugs, junk food or extra snacks (unless on a special diet), money or other valuables.