Packing List

# Mountain 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
* 1 complete change of clothes that can get wet or dirty during water games
* 1 pair of shoes or sandals that can be worn in the water
* 1 pair of sturdy footwear (hiking boots work best)
* 1 to 2 pairs of running shoes
* Waterproof 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
* Water bottle or canteen with watertight lid (1-2Litres worth) - pop bottles work well
* Bible, pen/pencil
* Toothbrush, toothpaste, soap, comb/hair brush etc
* Towel & wash cloth
* Sleeping bag (warm enough to keep you warm down to 0°Celsius)
* An extra blanket for if you get cold
* Pillow
* Any medication needed on a regular basis
* Mountain Bike (your own or one you are able to borrow)
* Bike Safety Helmet (skid-lid, brain bucket, etc)
* **$30.00 for lift ticket (Ferine downhill biking trip)**

## Optional items:

* Backpack/Daypack
* Flashlight or Headlamp with spare batteries.
* Sunscreen, sunglasses, chapstick, insect repellant.
* Sleeping bag liner to keep you warmer and your sleeping bag clean
* Camera (you will NOT be allowed to have your phone to use as a camera)
* Musical instrument(s)
* Dressier/Nice clothes for the dinner on the last night of camp
* Bike Armor
* Biking Gloves
* Bike Repair Kit (below are the suggested basic items). **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.
  + \*compact high-pressure pump or CO2 Inflator
  + 1patch kit
  + tire levers
  + small screwdriver
  + adjustable wrench
  + \*Allen keys
  + \*chain tool, spare links, and 2pins
  + \*spoke wrench & extra spokes
  + \*grease and oil
  + rags
  + 3gear 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.

1Avoid patch kits with metal buffer; get patch kit with emery cloth.

2Spare pins required for Shimano chains

3Purchase 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).

Do Not Bring:

Just as we have found that camp works best when everyone comes adequately prepared, there are some other things that make camp worse if you bring them! Therefore, we ask that campers be mindful and thoughtful in their packing. We have especially found that the below items are harmful or distracting from the type of community that we want to be.

Some of these items include: Personal electronic devices (iPods, mp3 players, cell phones, etc.), pets, tobacco products, alcohol, drugs, junk food or extra snacks (unless on a restricted diet), money or other valuables, anything else that you think would be harmful or distracting from the deep integrated life-giving community that we strive to be.