



"adventure is not in the guidebooks, and beauty is not on the maps."

Calleva Inc.
13015 Riley's Lock Rd.
Poolesville, MD
20837
www.calleva.org
301-216-1248(o)
240-238-5648(fax)

MOUNTAIN BIKING HIGH ADVENTURE NEEDS LIST

NEEDSLIST: IT IS IMPORTANT THAT YOU READ THE EQUIPMENT LIST CAREFULLY AND UNDERSTAND THE ITEM DESCRIPTION. If you have any questions or if you would like more information about any items on the checklist, please (301)216-1248.

CLOTHING: Backcountry clothing is divided into 2 main categories; insulating and non-insulating, for both upper and lower body. We use a layering system where different clothing items are worn together or separately to achieve optimum temperature control - "layering". Cotton or cotton blend garments are not considered insulating, because of their inability to retain heat when wet. If there is no other option then we suggest the "substitute". Good to bring traveling clothes that will be left in bus. All of your personal gear must fit into 1 duffel bag!

SPECIFIC MOUNTAIN BIKING NEEDS:

Mountain Bike*: Preferably w/ at least front suspension.

Protective Gear*: Bike helmet and additional protection. Gloves, padding, and padded shorts.

Bike Pack: Bike tools, spare tubes, repair kit, and personal needs for day-long trail rides.

Bike Shorts: Be comfortable.

Bike Shoes: These will get dirty & muddy.

*Bike and helmet can be rented from Calleva for an additional fee.

UPPER BODY GARMENTS:

Primary Layer: lightweight polypropylene or capilene or polyester underwear top ("long-underwear")

Middle Layer: A polartec pile "fleece" jacket with a full-length zipper.

Outer layer: Wind/Rain Jacket or Anorak: Must fit over all 3 insulating layers. (YOUR BEST INVESTMENT)

T-Shirts: As many as you think you need.

Swimsuit: River swimming and water activities!

LOWER BODY GARMENTS:

Primary Layer: (1) lightweight polypropylene or capilene underwear bottoms.

Middle Layer: Pile Pants-polartec 200 weight. (substitute=sweatpants)

Outer Layer: Wind/Rain Pants: breathable, nylon wind pants which are roomy enough to fit over all layers. Gore-Tex-Great

SLEEPING GEAR

Sleeping Bag: We recommend a synthetic fill mummy bag, for durability and ease of care in a variety of conditions.

Sleeping Pad: Full length closed cell foam pad (cheap and necessary) to insulate and pad between ground and bag.

PERSONAL GEAR

Eating Gear: cup/bowl and spoon. Insulated mugs, 12oz and 20oz are great!

Water bottle: 1-2 wide mouth quart or liter size plastic bottle.

Prescription Glasses and Contact lenses: Bring a backup pair if you have them.

Flashlight: Headlamps free your hands when eating.

Plastic Trash Bags: 2 large, extra heavy-duty, useful for waterproofing.

Toilet Articles: Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel and trial size are sufficient.

Watch: Water resistant and alarm are great.

Hat: baseball hat is suggested.

FOOTWEAR

Socks: 4 pair. We recommend synthetic sock "smartwool" style!

Running Shoes or Sneakers: Comfortable pair that is not being worn on the trail.

MISCELLANEOUS ITEMS (optional items)

Sunglasses: Dark and block UV rays. If you need them, prescription sunglasses are a worthwhile investment.

Lip balm: Stick, cream or tube type at least SPF 15.

Bandannas: (optional) Useful for a variety of purposes.

Carabiners: A couple are great to clip insulated mug or shoes to outside of pack

Book: Get some reading done, share with the group some excerpts.

Insect repellent: One small bottle.

Camera and Film: 35mm compact camera - bring a protective case. Avoid heavy lenses and elaborate set-ups.

\$\$- a couple extra dollars for rest stops on travel days (roughly 2 stops)

Shaving Cream & Razor: Be a real biker and keep your legs smooth and shiny!

We are aware of the expense and variety of equipment that is expected. This list is something to mimic, we suggest borrowing from friends and family to cut down the costs, but we would like every camper to be outfitted properly to live comfortably and safely in the backcountry. Calleva also has gear to lend, so if there is something that you cannot get on your own, please give Calleva a call.