

Integral treks: equipment list for biking

What we will provide (yours to keep):

- "before you go" kit, including this equipment checklist and study materials
- water and re-usable bottle, bag lunch (with gorp and other energy food) for the trek, and warm supper cooked on site at day's end
- trash bag (doubles as your lunch bag)
- hand sanitizer, sanitizing wipes, and face mask
- journal workbook and pencil
- "after you return" kit, including study materials to continue your journey after the course

What we will have available for use:

- first aid kit
- moleskins for blisters
- insect repellents (natural, picaridin, permethrin)
- extra pencils
- tire pump, basic tools (tire levers, multitool)

Basics you will need to bring for this trek:

- road bike/hybrid/trail bike in good repair
- shoes suitable for biking
- spare tube for your bike
- padded shorts or tights (recommended)
- wicking jersey or top (recommended)
- bike gloves (recommended)
- lock
- sunglasses
- sunscreen, lip balm
- bike helmet
- bandana
- extra water
- personal items (Rx medications, contact lens supplies, aspirin/advil/tylenol, etc.)
- your completed "before you go" journal writings
- MedSheet (see included template) and photo ID
- small backpack/daypack or bike bags/panniers

Optional items you may want to have along:

- insulating layer/rain gear (bring it along, you can always leave it in the car if it's a warm, clear, sunny day)
- camera
- cell phone (only for tracking route or taking pictures during the course of the day, please)
- preferred writing instrument if you don't want one of our plain old pencils!
- other nutritional supplements (Clif Bars, Gu, Nuun electrolytes, etc)
- tracking computer

Pre-ride inspection:

- tire pressure and condition
- brake check
- front/rear wheel quick-release secured
- bolt tightness throughout
- seat and handlebar height
- light/battery check
- lubrication check
- reflectors in place

Generally accepted bike trail etiquette:

- stay on the trail
- ride single file when oncoming traffic is present
- announce yourself clearly when approaching other riders or pedestrians from behind
- pass on the left
- step off the trail with your bike when stopping to rest
- pedestrians have the right of way