

Gear list Mountain bike Derby 22 & 23 January 2019

Mountain bike riding

- Comfortable well-fitting clothes that allow freedom of movement and suit the weather conditions. No dangling cords.
- Strong comfortable closed in shoes (no thongs) that can get wet and dirty. Need good grip.
- Small day pack (optional)
- Drink bottle
- Bike helmets (Provided by Mountain bike facilitator - Ian)
- Bike provided by facilitator. Let Vicki know your height so Ian has the right sized bike for you

General gear

- Tent if available to share (MVC has some tents -please let me know if you have a tent or not)
- Sleeping bag
- Sleeping mat
- Pillow (if you want one)
- Plate, bowl, mug, eating utensils
- Trangia or fuel stove (if you have one) MVC has several
- Change of clothes to suit weather conditions – it may be cooler at night
- Sleeping apparel
- Wet weather gear
- Warm jacket
- Beanie and gloves (depends on weather conditions)
- Snacks and drink bottle
- Torch
- Bathers
- Towel
- Toiletries
- Bag for wet dirty clothes
- MEDICATION
- Sunscreen
- Sunhat

If you need any gear or have any enquiries contact Vicki 0400 155 690