This clothing list is intentionally specific because we want you to be safe and to enjoy the out of doors. It’s best to be prepared for cold and wet, no matter what the weather forecast. It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather. We strongly recommend synthetics or wool because these materials retain their insulating qualities when damp whereas cotton does not. Dressing according to this concept will increase the quality and enjoyment of your outdoor experience.

Typically we ride with a hydration pack or small day pack, which includes a spare layer, snacks, tube, patch kit, tools and pump. Water bottle cages and a tool kit mounted on your bike can cut down on how much you wear on your back.

Upper Body
- 2-3 non-cotton t-shirts or bike jerseys
- Insulating layer (long underwear top, fleece jacket or a light down or synthetic down jacket)
- Upper body shell (a rain jacket is preferable or wind shell)

Lower Body
- 2-3 pairs padded bike shorts or athletic shorts
- Insulating layer (long underwear bottoms, running tights)
- Lower body shell (rain paints or wind pants, avoid baggy legs)

Head and Hands and Feet
- Light hat or Buff® (must fit under your helmet)
- Padded bike gloves (half or full finger) Optional but strongly recommended
- 3-4 pairs non-cotton socks
- Bike shoes or athletic shoes

Camp Clothes
- Comfortable clothing
- Insulating jacket
- Closed-toe shoes for camp
- Sandals for shower

Personal Gear
- *Mountain Bike
- **Helmet
- **Eye protection (sunglasses or clear safety glasses)
- Small back pack or hydration pack
- 1-2 water bottles if you don’t have a hydration pack (COE bikes have water bottle cages)
- 2 spare tubes that fits your bike
- Tube patch kit
Camping Equipment

- *Sleeping bag rate to 20 degrees Fahrenheit
- *Sleeping pad
- *Headlamp with extra batteries
- Cup
- Bowl (Tupperware with lid is optimal)
- Spoon
- Toiletries
- Towel
- Small soap (liquid soap with a screw top lid recommended)
- Prescription medication

*These items can be rented for an additional fee
**These items can be provided and are covered by the course fee
#These items are optional. Many are weather and time of year dependent

Questions or comments? Contact the Course Coordinator.