

**Mountain Bike Ride**

**Clothing**

□ 1 Waterproof jacket\*

□ 1 Pair Shorts (preferably non-cotton)

□ 1 Shirt (preferably non-cotton)

□ 1 Pair athletic shoes or bike shoes

□ 1 Pair socks

□ Gloves

**Food**

□ Capacity to carry 2L of water

□ Trail Snacks (if you so desire)

**Other**

□ Mountain Bike\*\*

□ Bike Helmet\*\*

□Small pack to carry water

□ Personal Medications

**Optional**

□ Cushioned Bike Shorts

□ Water Bladder

□ Lip protection

□ Sun block

□ Personal First Aid Kit

□ Sunglasses

□ Camera

\*Necessary dependent upon weather conditions.

\*\* Available to rent from Outdoor Rec. upon request.

**Activities**

We will be biking around…

**Questions/Contact**

Brad Pointer: bpointer@whitworth.edu

Jacob Schmidt: jschmidt16@my.whitworth.edu

**Refund Policy**

Cancellations made less than two weeks (14 days) prior to the event are not refundable.

• There is a $5.00 fee for all cancellations and transfers.

• Should Whitworth Outdoor Rec cancel a trip or a class, we will issue a credit or full refund.

**** Reasons may include severe weather, road conditions, instructor illness, and participant numbers.