

# T.A. Packing List: 3+ Overnights w/ MTB component

## Pack these items everyday (including your overnight) in your "Day Pack"



A comfortable backpack that can accommodate the following items



A healthy lunch w/ snacks



Water Shoes (no flip-flops)



Padded bike shorts (optional)



Re-usable water bottle



A small camp towel



Biking gloves (optional)



Sun hat / cap / glasses



Warm fleece or synthetic top



H2O pack. (Can act as optional day pack)



Rain jacket



Bathing suit / surf shorts



Helmet (not optional)



Rain pants



Sunscreen & Insect Repellent



Bike (also not optional)

## Pack these items for your overnight in your "Overnight Bag"



A medium sized duffel bag or backpack that your child can carry short distances. Bags should be able to accommodate (whether attached to the outside or placed inside) your child's sleeping bag and pad.



Flashlight / Headlamp



3 T-shirt



Synthetic or down sleeping bag



Warm hat / gloves



3 change of underwear



Sleeping pad



Synthetic warm pants



4 pair of (synthetic) socks



Small toiletries kit



2-3 pair of shorts



Re-usable mess kit



Journal / Sketch pad / book

**Packing 101:** Light is Right! Keeping your kids mobile in the field greatly enhances their experience. With nearly 1,000 kids, 20+ vehicles and over 100 programs it is essential to Label EVERYTHING! For mountain biking programs please have your child arrive each day wearing appropriate riding attire (t-shirt or biking jersey, comfortable biking shorts, sunglasses, socks). Hydration packs (i.e. Camelbacks) are great for short day rides allowing bikers to carry extra layers, lunch and water but are not mandatory. Day packs can be modified to accomplish this role. Many items can be left in the van while kids are riding.

**Support Academy Unplugged...NO ELECTRONIC DEVICES!**

