

Fall Outdoor Experience

Mountain biking equipment list

Please note that all “group gear” (tents, technical and cooking equipment, food, etc.) will be provided by us.

Required equipment

- Mountain bike (hard tail or full suspension, with at least 24 gears. *Must be tuned up before the trip*)*
- Bike helmet*
- Lock (cable-type)
- Sleeping bag*
- Sleeping pad*
- Day pack (small, book-bag type)
- Headlamp
- Insulated mug
- Bowl or medium Tupperware®
- Eating utensils (knife and spoon)
- 2, one-liter durable water bottles (e.g. Nalgene®)

*These items are available for rent, some on a limited basis. See the gear rental request form for more information.

Required clothing

- Camp shoes (sneakers or tennis shoes)
- Sandals (ideally with an ankle strap, e.g. Tevas® or Chacos®)
- Swimsuit
- Towel
- Change of clothes for three days
 - 2 T-shirts (long sleeve and short)
 - Pants
 - Shorts
- Sun hat
- Sunglasses (ideally with a strap)
- Warm hat and gloves
- Underwear
- Insulating bottoms, **non-cotton** (light fleece, Capilene® or polyester insulating layer)
- Light-weight insulating top, **non-cotton** (Capilene® or thin polyester insulating layer)
- Medium-weight insulating top, **non-cotton** (fleece jacket, wool sweater, lightweight down jacket)
- Rain jacket and pants (breathable or coated nylon)
- Personal toiletries and medications
- Sunscreen

Optional equipment/clothing

- Camera (If you have a digital camera, we can put photos on our web site to share with others after the trip, www.uwyo.edu/oap)
- Book
- Journal
- Camp chair
- Biking gloves
- Biking shorts (2 pr.)
- Biking jersey (2 pr.)
- Biking socks (2 pr.)
- Clipless bike shoes or biking shoes of some sort

Items we don't encourage

Although we don't officially “ban” any of the following items (as a college student you are considered an adult after all), we feel that you will have a better experience if you leave the following items in the residence halls.

- Cell phones (If you can't live with out it, at least turn it off and throw it in your pack for emergencies only. Cell reception is lousy in most places anyway.)
- Personal music devices (Don't worry, we'll have some kickin' tunes for those long drives)
- Electronic games

Mountain biking

Gear Rental Request Form

Gear is available on a first come first served basis, although we should have enough equipment for everyone. We will contact you only if items are not available. You are responsible for the items you rent.

If you would like to rent any of the following equipment, please mail or fax this form along with payment to:

Fall Outdoor Experience
University of Wyoming
Dept. 3604
1000 E. University Ave.
Laramie, WY 82071
(307) 766-6720 fax

Payment

Payment will be taken at the time of trip. We can accept Visa/Mastercard/Discover, cash or check.

Participant's name: _____

Item	Price	Quantity
Mountain bike (Specialized® Rockhopper), includes helmet and lock Inseam length _____ Height _____	\$25	
Bike helmet	FREE	
Sleeping pad	\$5	
Sleeping bag	\$13	

TOTAL \$ _____