



What to Wear to Camp

What should campers wear?

1. Active Wear
 - Tshirt, Shorts, Proper Riding Shoes (keens, old tennis shoes)
 - PLEASE do not send your camper in flip flops or open toed shoes!
2. High Socks (these do a great job of protecting their legs)
3. Sunglasses (optional)
4. SUNSCREEN!!

What to Bring to Camp

Equipment

Virginia Outside will provide all bikes, helmets, repair tubes/tools, etc. **However, we certainly encourage those campers with their own mountain bikes to bring them along!**

What should campers bring with them?

1. Backpack (it is very important that they have a bag for their belongings while riding)
2. Packed lunch and 2 extra snacks (they need as much fuel as they can get)
3. REUSABLE WATER BOTTLE (it is very important they stay hydrated on the trails)
 - Feel free to send campers with camel bak's if they have one
4. Helmet (if you have one, no requirement to purchase one in advance)
5. Water Wear (bathing suit, water shoes, and a towel on the day they are designated to swim (keens, chacos, old tennis shoes) (we DO NOT recommend crocs or flip flops)
6. Change of clothes
7. Weather appropriate gear (ex: rain jacket)

We will bike rain or shine as long as conditions remain safe and trails stay open, so please send your camper prepared for the weather

We will have plenty of sunscreen, but we do recommend campers put on sunscreen before they are dropped off (30 or higher is recommended as we will be in the sun all day). We will remind campers to re-apply sunscreen throughout the day!

NOTICE: Please do not send your child to camp with electronic equipment such as phones, i-pods, or video games unless you are sure they can handle the responsibility. We will not be responsible for any electronics that are lost or broken.