

What to Wear and Bring to Biking Camp

What to Wear

1. Active Wear
 - T-shirt, Shorts or Swim Trunks, Proper Shoes (closed-toe tennis shoes)
2. SUNSCREEN applied before camp begins!

Plan on getting wet **EVERY DAY!** (We like to cool off in the rivers and creeks!)

What to Bring

1. Personal helmet, if you have one!
2. Lunch and an extra snack!
3. Backpack to hold ALL of their belongings
4. Reusable Water Bottle
5. Swim clothes & River shoes (closed-toe sandals, old tennis shoes - must stay on their feet!) (We **DO NOT** recommend flip flops or crocs)
6. Towel
7. Change of clothes
8. Weather appropriate gear (ex, rain jacket)

Virginia Outside can provide mountain bikes and helmets should your camper need one upon request. However, we certainly encourage those campers with their own mountain bikes to bring them along. The bikes should be trail-ready, have gears, hand brakes, and knobby tires. If it is easier for transportation purposes, we can keep the bikes all week in our locked trailer.

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 reapply sunscreen throughout the day!

We will be outside rain or shine as long as conditions remain safe, so please send your camper prepared for the weather

NOTICE: Please do not send your child to camp with electronic equipment such as phones, iPads, or video games. We will not be responsible for any electronics or biking equipment that are lost or broken.