



WHAT TO BRING ON THE MOUNTAIN BIKE TRIP

TRIP DATE:

YOU SHOULD BRING:

- Lunch (unless it is provided by your leader)
- Clothes for hot and cold weather (don't forget a jacket, even if it's nice out) and a backpack
- A sturdy pair of shoes for walking and biking
- Please do not wear a walkman on the bike trip

You must have the permission form completely filled out and signed by a parent or guardian to take on the ride. You cannot go on the ride if this form is not signed and with you at the ride.

Remember to eat a good breakfast on the day of the trip and come prepared to have fun!