



## **Required Gear**

A functional, safe, bicycle capably built for on and off-road riding  
A properly fit, age appropriate, un-damaged helmet  
Comfortable riding clothes appropriate for the weather  
Close toed athletic shoes + Socks  
Adventure Team Nameplate  
Adventure Team Shirt  
Hydration + Snacks  
Medical: Inhaler, EpiPen

## **Recommended Gear**

Eye protection  
Riding gloves  
Hydration pack especially for kids 5-8 years of age  
Hydration packs for kids 9+, but water bottles will do

## **Not allowed**

Kickstands (must be removed)  
Do not mount water bottles or anything else on handlebars.

## **About the bike**

We want everyone to know this is not a program that requires an expensive bike. You will see kids on a wide range of bikes. Everything from Huffy and Mongoose to Trek, Salsa, and Giant. In our opinion, if they love their bike and are having fun, that's what matters.

Ideally, the bike will be built for off-road use. It should have knobby tires for traction. Ideally, it will have a water bottle cage (5-8 year old kids don't normally have room for one because the bike is too small, hence the hydration pack recommendation). It can have front suspension, or not, and rear suspension, or not.

If you have questions, email Todd Poquette - [todd@906adventureteam.com](mailto:todd@906adventureteam.com)