

Strathcona Park Lodge & Outdoor Education Centre

MOUNTAIN BIKING EQUIPMENT LIST

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. Consider this a list of “must-haves,” regardless of the season. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. In early spring or late fall you’ll want to add some warmer layers, and June thru mid-September you may want extra shorts and T-shirts. It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING & FOOTWEAR

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable. This is NOT A JOKE.

There is no such thing as bad weather, only inappropriate clothing.

In addition to regular clothes each person requires:

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| <input type="checkbox"/> Gore-Tex or rubber rain jacket and rain pants | <input type="checkbox"/> 3 pair of wool socks |
| <input type="checkbox"/> 2 fleece, wool or acrylic tops/sweaters | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> 1 pair of nylon, fleece or wool pants | <input type="checkbox"/> Sun hat or baseball hat |
| <input type="checkbox"/> Wool or synthetic long underwear top and bottoms | <input type="checkbox"/> Fleece/wool toque (warm hat) & gloves |
| <input type="checkbox"/> Warm fleece or synthetic fill jacket | <input type="checkbox"/> Cycling gloves |
| <input type="checkbox"/> Synthetic T-shirt | <input type="checkbox"/> Shorts |

FOOTWEAR

- 1 pair of shoes for around camp
- 1 pair of shoes for cycling. Flat soled skateboard-style or court shoes are more stable than running shoes.
- 2 plastic grocery shopping bags for waterproofing footwear.

EQUIPMENT

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| <input type="checkbox"/> Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable) | <input type="checkbox"/> Towel for at the lodge |
| <input type="checkbox"/> Sleeping pad (closed cell foam or Therm-A-Rest type) and its stuff sack | <input type="checkbox"/> Flashlight or headlamp with spare batteries |
| <input type="checkbox"/> 1 Day pack | <input type="checkbox"/> Sunglasses with straps |
| <input type="checkbox"/> 1 bicycle water bottles or hydration pack | <input type="checkbox"/> Sunscreen: SPF 45 or higher |
| <input type="checkbox"/> Toiletries (toothbrush, toothpaste, soap, shampoo) | <input type="checkbox"/> 5 Garbage bags and 5 large Zip-loc bags |
| | <input type="checkbox"/> 1 backpack or duffle bag to put it all in |
| | <input type="checkbox"/> Unbreakable cup, bowl and spoon |

OPTIONAL ITEMS

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| <input type="checkbox"/> Camera | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Journal and pencil | <input type="checkbox"/> Spending money |
| <input type="checkbox"/> Mosquito-proof head net (recommended mid-May thru mid-October) | |

IMPORTANT NOTES

- If you require **glasses** (safety strap recommended) or **contact lenses** bring an extra pair of glasses as a back-up.
- If you require **prescription medication**: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Zip-lock) and labelled with your name, the drug name, the drug dose and the expiry date.
- Please do not bring cell phones (they don’t work here), electronic games or iPod’s/MP3 players.