



Cycling House Packing List - Mountain Bike Camp

The weather at mountain bike camp should be excellent but unfortunately we can not guarantee the weather. Mountain biking typically requires mountains and as most of you know the weather in the mountains can change quickly! We have created a packing list that will have you covered in perfect weather but also prepares you in case the weather turns south!

Luggage Recommendations

- 1 medium/large suitcase (roller bags are convenient), 1 carry on bag.

Essential carry on luggage

- Wallet (Credit cards, ID, Insurance cards)
- Airline tickets/Travel confirmations
- Cell phone & cell phone charger
- Cash for incidentals & guide gratuities.
- Medications & copies of prescriptions.
- Toiletries (Adhere to airline regulations.)
- Pedals, Helmet, Cycling shoes, Cycling shorts & jersey (In case your luggage is lost.)

Cycling Gear

- 2-3 pairs of high quality cycling shorts or bibs
- 2-3 short sleeve jerseys
- 1 long sleeve jersey
- 1-2 base layers
- 1 vest
- 1 rain jacket/cycling jacket
- 3-5 pairs of cycling socks
- Knee/leg & arm warmers
- Hat & gloves
- Sunglasses
- Mountain bike shoes
- Helmet
- Saddle (if renting a bicycle)
- Extra cleats
- Pedals (If renting a bicycle)
- Hydration Pack, 50-100 ounce bladder.
- Flat kit (saddlebag, tire levers, tube, air chuck) * TCH will provide CO2 canisters*
- Sunscreen
- Nutrition *TCH will supply some nutrition as outlined in the FAQ document*
- Well tuned bicycle with good tires. (If traveling with your personal bicycle)



Off The Bike

- Casual clothing for off the bike.
- Dinner attire (See FAQ)
- Light jacket/sweater
- Swimsuit
- Running shoes/Comfortable shoes
- Sandals
- Laptop/tablet & charger
- Reading material
- Anything you can't live without.

Optional

- Camera & charger
- Hat with brim.
- Goggles if you plan on swimming.
- Chamois Cream
- Earplugs

If you have any questions or concerns don't hesitate to drop us a line. Call us at 406-219-1318 or email us at info@thecyclinghouse.com