

2022 Great River Lower Adolescent Bike Trip Packing List

Personal Equipment

Waterproof raincoat (pants too!)
 Light jacket, vest, or heavy polar fleece
 Long-sleeve wool shirt or polar fleece
 Wool Hat or polar fleece hat
 Light wool gloves
 2 pair light-medium weight ***wool*** socks
 3 pair cotton socks
 2 pair shoes (one must be suitable for riding*)
 5 sets underclothes
 4 t-shirts
 2 loose fitting pants (NOT jeans/denim)
 2 pair of shorts
 Bathing suit
 2 bandanas (needed for breakfast crew wake up system)
 Sunglasses
 Mess Kit
 1 small towel
 Toiletries (soap, toothbrush, etc)
 Plastic bags (1 garbage, 2 one gallon Ziplock, and 2 medium sized - for containing wet clothing items)

*** Bring any non-prescription and/or prescription medication to Front Office on Jun 1, 2022**

Camping Equipment

Duffle Bag (for clothes, gear and sleeping pad)
 Sleeping Bag
 Nylon Sack for sleeping bag w/ garbage bag on inside
 Sleeping Pad (best if in duffle bag or sleeping bag)
 Lightweight daypack
 Small flashlight
 Insect repellent

Day Pack

Rain coat and rain pants
 Two Water bottles and carrier
 Bicycle helmet
 Two spare tubes (must be same size as bike wheel)
 Sunscreen

Optional Equipment

Camera
 Reading material
 Extra snack money (\$2-3/day)

***Please do NOT send students with more than \$15 as they usually will only have a few opportunities to purchase snacks and we want them to eat healthy foods to sustain energy for biking instead of eating large amounts of junk food.**

***Suitable riding footwear includes tennis shoes or anything that securely stays on the foot. Students will not be permitted to ride if they do not have proper footwear.**

*****STUDENTS ARE NOT TO BRING: Cell Phones, I-Pods, or any other electronic devices *****

Questions or concerns? Contact Tami Limberg at tlimberg@greatriverschool.org