

**Adventures by Design**  
“active adventure for the whole family”  
info@adventuresbydesign.net  
631-835-7599

## **Mountain Bike Tour Check List**

### **MANDATORY**

Unless you will be renting from us, you'll need the following:

Bike - a mountain bike or hybrid in good working condition for *off-road* terrain. We will make minor position adjustments and repairs on site.

Helmet - properly sized. We'll make minor fit adjustments

### **STRONGLY RECOMMENDED**

A water bottle and cage or hydration pack

Cycling glasses w/interchangeable lenses or sunglasses (typical sunglasses may be too dark on the trails)

Cycling gloves

### **RECOMMENDED**

Cycling shorts

Cycling jersey

Cycling cleats

Clipless pedals

Saddle bag w/flat kit

Frame pump

Bike rack

Please call or email us if you have any questions. Remember to come to the tour properly nourished and hydrated and ready to have a great time!