

Outdoor Orientation Program Pack List

RIDE (Pioneer Valley by Bike)

Upper

- 1 Long-sleeve, insulating top (wool, fleece, synthetic)
- 1 Long-sleeve base layer top (non-cotton, wicking)
- 1 Short-sleeve base layer top (non-cotton, wicking)

Lower

- 1 Pair – comfortable, close-toed athletic shoes for bicycling and hiking
- 1 Pair - shorts or athletic pants (non-cotton preferred)

Other

- 1 Small backpack
- 1 32oz. water bottle (FILLED)
- Medications (if you have an emergency inhaler, epi pen, or other similar items, please let us know)
- Sunglasses
- Sunscreen (recommended)
- 1 32oz. water bottle (FILLED)

Recommended:

- Cycling shorts
- Cycling jersey
- Cycling gloves (padded)