

What should I bring to a clinic or camp?

Sundance MTB Checklist:

Dress for the weather, check the forecast! Be prepared! We will inspire you rain or shine!

- Think of this like any long weekend trip! What do you usually bring?
- I carry my Aveda products! I am prepared to shred trails, but also want to protect my face, hair and head with Aveda products and my cute helmet. 😊 (Sundance SalonSpa is one of our sponsors an Aveda Concept Salon!)

Please review and "arrive prepared" to ride with this checklist:

1. An opened and positive mind! This is your passion, LIVE IT! A smile and a positive attitude makes learning the skills easier plus, your friends will thank you!
2. Make sure that you eat a hearty breakfast or lunch before you arrive!
3. If you have any medical concerns, please make us aware so that the clinic will run smoothly for you.
4. Bring an extra set of clothes after your rides; for comfort before our evening sessions.
5. **Check the weather** prior to your clinic. Pack for all potential weather: Rain jackets, extra clothes to change into if you get chilly or too hot!
6. Gloves – for comfort, prevent sores from practice, provide better grip on the bars and protection if you happen to fall.
7. Shirts, socks, shorts and jerseys that have moisture wicking material. (Avoid cotton or jeans)
8. Padded cycling shorts. (If you do not have a pair, please consider getting some... you'll thank us later. (Avoid pants that can get stuck in your chain ring.)
9. Shammy Cream - prevents the uncomfortable rubbing and chafing that most cyclists experience when sitting on their saddle.
10. Hydration Pack filled with water or cycling water bottles that fit into your water bottle cage and don't rattle out. Please fill these up before you arrive.
11. Bring plenty of snacks – Protein energy bars, PB&J sandwiches, gels, cookies or chews. You should ride with a well-stocked pack. (I find I carry extras in case, someone is in need on the trail.)
12. Sunscreen, lip balm, mosquito spray and of course, Aveda moisturizer!
13. Eye protection/sunglasses (Avoid wire rimmed glasses)
14. A spare tube that fits your bike's tire and multi tools. Our coaches will be carrying these items as well. (We will be covering this in the clinic!)

15. Armor-Not mandatory but a good idea: Wear protective armor on legs and arms. Shin pads are important for this course just in case you slip off a pedal and it 'bites' you in the shin.

16. If you like yoga and stretching, at our 2 ½ day camps, bring your mat! (We will have 30 purple and green mats!)

17. **The best bike to bring to the clinic:** A well-tuned cross country mountain bike or "snow bike/fat bike" that fits you. Both full suspension and hard tails work fine. (Ideally dual suspension bikes make learning the skills easier.) A quick release or dropper seat post is helpful so you can easily lower and raise your saddle when learning new skills and riding technical terrain. If you don't have a quick release seat post, please carry a multi-tool so you can lower/raise your seat throughout the clinic.

- **2-3 weeks, before your clinic,** we recommend a final tune-up for your bike from a certified mechanic. (Note: Make sure tires aren't flat, chain isn't rusted, gears shift properly and brakes are working!) This will make your experience more enjoyable!
- You can't decide which bike to bring - If you have 2 bikes, feel free to bring both, or think about which bike would best suit the skills you wish to practice or acquire.
- *Not suitable for mountain bike clinics: A Hybrid, Townie, downhill, Trials bike, BMX, road or cross bikes. (unless we have a designated clinic or ride for those kinds of bikes.)*

18. Tire Pressure and Shock Pressure: Have your tires and shocks at the correct pressure for trail riding- we will be cover this during our clinic and help dial you in! Yay!

19. Pedals: Please bring pedals that you are comfortable on! It's very important that your pedals and shoes work together when you arrive at the clinic. If you are trying clipless or flats for the first time, practice on them a few times before the camp.

- Clipless pedals that require a mountain bike shoe with cleats. (Check cleats for unwanted wear and tightened screws) If you are confident with clipless pedals and it is totally easy to get in and out of your pedals, you don't have to use flat pedals at camp.
- Flat pedals require flat shoes without cleats (such as skate shoes).

(The brand 510 are a top favorite!)

Note: It makes longer rides more tiring and technical climbs slightly more challenging.

Note: Running shoes with tons of traction and lots of cushioning are not suggested.

Note: Tuck away shoe laces so they don't get caught in the chain ring.

If you have questions, please contact us a week **before** the clinic.

- Note: Bring a pair of flat pedals if you have them, as they make it easier to learn and practice new skills. If you love clipless pedals, you can always try the morning session on flats pedals and then switch to clipless for our afternoon ride.
- Note: Do not use road pedals or road shoes.

20. Helmets are mandatory: Cross-country or mountain bike helmet that fits you properly, one finger on the strap and make sure it is not damaged. If you have wrecked your bike with that helmet, we advise a new helmet. (You can check this by turning the helmet over and pull helmet's edges slightly – LOOK for small cracks in the foam or bring it to a professional bike shop for assistance.)

- (Note: for more information on helmet safety review the CPSC standards.)
<https://www.cpsc.gov/Safety-Education/Safety-Guides/bicycles>

21. For advanced riders & downhill racers, we recommend that you also bring a full face downhill helmet and body armor if you want to work on advanced high speed downhill skills, drops and jumps, and we require it for these maneuvers.