**Ramble Outdoors**

Mountain Biking Clothing List

**Equipment Vendors:** The following companies sell outdoor clothing and equipment. There are many companies, but provided are a few of our favorites. You may also find good prices and helpful advice at your local outdoor shop. Additionally, resale or thrift stores have much of the required clothing at deep discounts. We also recommend reviewing REI’s layering info page: [http://www.rei.com/learn/expert-advice/dress-layers.html](http://www.rei.com/learn/expert-advice/dress-layers.html)

- REI, Inc. - www.rei.com
- Campmor - www.campmor.com
- Sierra Trading - www.sierratradingpost.com
- Summit Hut - www.summithut.com
- Mountain Gear - www.mgear.com
- Backcountry - www.backcountry.com

**Equipment Checklist**

* Ramble Outdoors can loan you this equipment

**Outerwear**
- *Rain jacket and pants, lightweight waterproof and breathable

**Non-Cotton Clothing**
- Wear light-weight or mid-weight synthetic top and bottom (Biking shorts recommended)
- Bring extra wool or synthetic layers incase it gets cold

**Clothing Accessories**
- Sun hat with brim
- Lightweight wool or fleece gloves

**Footwear**
- Lightweight sneakers (no sandals)

**Travel Accessories**
- Large Duffel Bag to organize gear in van
- Two 1-quart water bottles, Nalgene-type, or equivalent hydration system
- Plastic bowl, spoon, fork, 16 oz. mug with lid
- Sunglasses and retainer strap
- Sunblock, small amount not the whole bottle, min SPF 25
- Lip balm (unscented)
- Personal medications
- Insect repellant (small)
- Journal and pen
- Hand Sanitizer
- Three Quart Zip-Lock type bags
- Small Pocket Knife

**Optional Field Gear**
- Down vest or jacket
- Compass
Camera and film in a water proof container
Hydration system (bring at least one Nalgene-type bottle, even if you do bring a hydration system)

Do Not Bring

- Alcohol / drugs / cigarettes
- Large camping knives
- Excessive toiletries or cosmetics

If you have any questions, please contact us at outdoors@luc.edu or 773.508.2158