



GRiT OUTSIDE CAMP Gear List

We recommend packing only what you need and nothing else. Be sure to label/mark anything you feel may get confused with another's belongings.

REQUIRED

- ☐ Mountain bike (in good working order)
- ☐ Helmet
- ☐ Water bottle or hydration pack
- ☐ Tubes that fit your bike
- ☐ Bike Multi-tool
- ☐ Riding shoes (tennis shoes are fine)
- ☐ Riding clothes (whatever is comfortable for you) - 2 sets
- ☐ Riding socks - 2 pairs
- ☐ Pillow
- ☐ Sleeping bag (or similar)
- ☐ Medications (prescription and OTC)
- ☐ Toiletries
- ☐ Towels
- ☐ Casual clothes (it will be hot)
- ☐ Casual shoes (good for walking)
- ☐ Bike light (front) or headlamp - 100 lumens or more

RECOMMENDED

- ☐ Riding glasses (clear or light tint)
- ☐ Hat
- ☐ Sunscreen or bug spray if you have preferences

*****Cell phones are permitted but athletes should not expect to use these during active camp hours or after light outs in the evenings. There are limited places to charge phones and we can not guarantee charging access at all times. Please do not send iPads, tablets, laptops, headphones/earbuds/Airpods, and other electronic devices. KY NICA and staff are not responsible for personal possessions.***

