



# OUTDOOR ADVENTURE KIDS

## Gear Check

### Mountain Biking

- Functioning bike that can shift smooth and stop
- Helmet that fits and doesn't wiggle
- Breathable synthetic clothing designed for exercise
- Sunscreen/bug spray
- Water bottle/Hydration Bag
- Snack

### Warm Weather Hike

- Breathable synthetic clothing designed for exercise
- Hiking shoes or boots designed to support ankles and protect against sharp rocks
- Wind breaker and a fleece layer for windy summits
- Hat
- Sunscreen/bug spray
- Water bottle/Hydration bag
- Snack
- Backpack (Outdoorsy kids carry their own gear)



# OUTDOOR ADVENTURE KIDS

## Cold Weather Hike

- Breathable synthetic clothing designed for exercise
- Base layer against skin should be synthetic (no cotton)
- Fleece pants or long underwear for cold. Warmth layer on top (fleece/puffy)
- Wind/rain layer (raincoat/pants or shell)
- Winter hat and gloves
- Snow pants (if there is snow on the ground)
- Hiking shoes or boots designed to support ankles and protect against sharp rocks/ice
- Microspikes/yak tracks for ice
- Sun screen
- Headlamp (for night hikes)
- Water bottle/Hydration Bag
- Snack
- Backpack

## Overnight

A packing list will be sent for each specific trip/location.