

FATHER TEEN MOUNTAIN BIKE SESSION

Equipment List

Clothing

2 pair long pants
2 pair shorts
4 pair socks
Work shoes or boots
Water shoes / sport sandals
3 short-sleeved shirts
2 long-sleeved shirts
4 pair underwear
Poncho or raincoat
Sun hat
Warm jacket
Sweatshirt
Pajamas
Work gloves
Swimsuit

Biking Equipment

Mountain bike (unless you have arranged to use a ranch bike)
Helmet
Gloves
Sunglasses
Water bottle (we have some available if needed)
Biking shorts
Biking shoes

Bike Maintenance Items

Pouch for mobile tools (or backpack)
Extra tube
Tire levers
Multi-tool
Pump or CO₂ inflator
Chain lube

Equipment

Sleeping bag or twin sheet set and blanket
Pillow
Flashlight
At least 1 day pack per family

Personal Items

Towel
Soap
Shampoo
Deodorant
Sunscreen
Insect repellent
Toothbrush
Toothpaste
Chapstick
Laundry bag
Toiletries
Watch
Scriptures (non electronic)

Optional Items

Journal
Books
Musical instrument
Sheet music
Camera
Board or card games
Hammock
Stationery, pen, stamps
Drawing materials

Electronic Devices:

We want everyone who comes to the ranch to have the opportunity to experience time to exclusively interact with each other and nature (away from texts, social media, email, etc.) During the session ranch participants are asked to limit their use of electronic devices. Specifically, we request that cell phones only be used for taking pictures or coordinating activities.