



# MOUNTAIN BIKING DAY TRIP

## Clothing

- 1 Waterproof jacket\*
- 1 Pair Shorts (preferably non-cotton)
- 1 Shirt (preferably non-cotton)
- 1 Pair athletic shoes or bike shoes
- 1 Pair socks
- Gloves
- Bike Tights (cold/wet weather dependent)

## Food

- Capacity to carry 2L of water
- Trail Snacks

## Other

- Mountain Bike\*\*
- Bike Helmet\*\*
- Small pack to carry water
- Personal Medications (if necessary)

## Optional

- Cushioned Bike Shorts
- Water Bladder
- Lip protection
- Sun block
- Personal First Aid Kit
- Sunglasses
- Camera
- Extra clothes for the car ride home

\*Necessary dependent upon weather conditions.

\*\*Available to rent from Outdoor Rec. upon request.

## ONLINE WAIVER INSTRUCTIONS

Go to

[www.whitworth.edu/urec](http://www.whitworth.edu/urec)

and follow the link that says "Waivers" on the left side of the page in the grey box. Next, click on "Outdoor Recreation Waiver" and you will be prompted to enter your login credentials. Please be sure to fill out the waiver BEFORE the trip.

## Questions/Contact

[whitworthoutdoorrec@gmail.com](mailto:whitworthoutdoorrec@gmail.com)

## Refund Policy

- For refund policy information, refer to [www.whitworthoutdoors.com/policies](http://www.whitworthoutdoors.com/policies)
- Should Whitworth Outdoors cancel a trip or class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and lack of participant numbers



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