



YETI Outdoor Program

Intro Mountain Bike Program - Participant Equipment Checklist

- Medical - If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you.*
- We have bikes for use. If you are using your own Mountain Bike, it should be in working order capable of introductory (Green Circle or Blue Square) trails. A full suspension is not necessary, however a hardtail with a front suspension fork is advisable. A safety check will be performed on your first participation day.*
- Approved bike helmet (Snell, ASTM, ANSI) free from damage and previous impact. Helmets are available through the program.*
- Reusable Water Bottle (1L)*
- Extra food appropriate for the time out. (Evening programs will need a small snack. Our weekend trip will have a food and safety pre-trip meeting)*
- Rain Jacket*
- Small pack to carry items such as a repair kit, jacket, tube, snacks, etc for our full day trip. More discussion on this will happen during our pre-trip meeting*

Optional Items

- Knee and/or shin pads*
- Riding Gloves*
- Small Repair Kit*