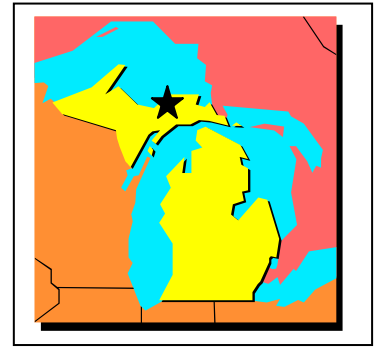


VIKING BIKING



ESSENTIAL CLOTHING AND EQUIPMENT LIST

This program offers a weeklong mountain biking adventure through the Munising Area in the North Central Upper Peninsula of Michigan. Experienced staff will lead the expedition through a portion of the hundreds of miles of trails of the Hiawatha National Forest and Grand Island while teaching proper bike maintenance and repair. Each day will feature new trails, as the group will maintain a base camp that they return to each evening. The base camp will be moved once during the week. Campers need to bring their own Mountain Bike. While in camp, Viking Biking will enjoy a variety of great in-camp activities.

Essential items

Pillow, pillowcase, sheets and blankets for cabin beds
Rain gear (suit, coat)
Toiletries
Towels and washcloths
Plenty of socks and underwear
Shorts and t-shirts
Jeans
* Flashlight
Bathing suit(s) (nylon is best)
Water shoes, Tevas or flip flops
Wool or wool blend sweater or fleece or sweatshirt
Sleeping bag (small size – must be compact) and mattress pad
* Laundry bag
Sunscreen
* Hat or bandana
* Mosquito spray or lotion
* Water bottle
Comfortable sneakers
* Mess kit with silverware and cup
Footlocker, trunk or suitcase for the above

Optional Items

* Camera memory cards/film
A good book, magazine or journal
* Chapstick
Musical instrument
Photographs of family and friends

* Available in the camp store

DO NOT BRING:

- iPods, Mp3's, Walkmans, or CD's and/or Video Cameras
- Large knives
- Food, snacks or candy
- Electronic games
- Radios
- **Cell Phones**
- Computers

INFORMATION REGARDING CLOTHING:

Old and sturdy clothing is best for camp; as it will get rough wear. Clothing for both warm and cold weather conditions is necessary since weather can, and often does, change quickly. A sweatshirt and light jacket works better than a heavy jacket in cooler weather. The number of articles will vary with each individual. Adult supervision in packing will guarantee needed items get packed. This is just as important for our veteran/older campers. Footlockers or trunks are handy for 4-week campers.

There are NO laundry facilities for campers at camp. Four-week campers will go one time to a coin operated laundry. Two-week campers must bring enough clothing for that length of time. Two-weekers do not go to the laundry.

Please mark all articles of clothing and belongings with your camper's name or initials.

Please turn over for the packing list for the trip!

*This list is detailed and specific for the
Viking Biking trip.
Please read through the list carefully.*

Trip Equipment

Viking Bikers require AN ADDITIONAL \$50 in their camp store to cover laundry and additional trip expenses.

Mountain Bike: it is very important that your son is riding a bike designed for trail riding. Bikes bought from department stores (WalMart, K Mart, Meijer) are NOT recommended. (10 speed **MINIMUM**, but 18 or 21 is preferred and will definitely make the biking more enjoyable for your son) You may rent the bike from camp, if desired – see the rental insert.

Mountain Bike helmet that is up to date and fits your son’s head properly – remember your son’s health and safety are dependent upon a good helmet!!

Back Pack: while on their daily rides from the base camp, campers will need a “school-size backpack” to carry supplies. **This backpack should be in the 25 to 45 Liter size. Campers will carry their personal gear inside of this small backpack on 3 different ride days while on the trip.**

Biking shorts – either “mountain bike style” or “road style”

Bike repair kit and extra tubes (if you rent your bike from camp, these are already included with the rental)

Biking gloves (optional, but they sure help)

Sunglasses with strap (glasses with less tint work well for trail riding as low conditions frequently exist while riding in wooded areas)

Camping towel (a small towel as opposed to a big bathsize towel)

Athletic Shoes: shoes with little or no plastic on the sole are ideal as they allow good grip on the pedals.

Skateboard-style shoes work particularly well. Campers are NOT allowed to ride bikes while wearing “open-toed” shoes.

* Hydration Pack: bike water bottles are “OK” but a hydration pack also has pockets to carry those “extras” needed while trail riding.

Pocket Knife

Discover SCUBA Diving!

- Comprehensive warm water pool and lake instruction
- No previous SCUBA experience necessary
- All technical equipment provided
- Pool instruction will not exceed five feet in depth
- Scheduled during camper’s free time
- Extra fee required, fill out the Discover SCUBA form and the front/back of the PADI Discover SCUBA Diving participant statement. Both are yellow forms.

A doctor medical statement is **not** required.

ADVANCED SCUBA DIVING:

Please see the enclosed insert if you are interested in advanced SCUBA courses!

A doctor medical statement is required (enclosed).

Classes are taught in conjunction with your regular Mountain Biker program. You will receive a full refund for any class that you are not eligible for or are not able to participate in due to time constraints. Advanced registration allows us to anticipate the number of participants and have all necessary materials on hand prior to your son’s arrival at camp.

Suggested Web sites for camping needs and equipment

www.rei.com

www.campmor.com