



## Summer Season 2009 What to bring on Adult Clinics

### Mandatory Items

- Fullface Helmet for downhill clinics
- Regular biking helmet for cross-country clinics
- Your bike in good working order
- Gloves

### Strongly Recommended Items

- Goggles and / or sunglasses
- Shin, knee, elbow, back pads mainly for downhill clinics
- Bike shorts and polypropylene jersey (a cotton t-shirt will get wet instantly and takes forever to dry. MEC has a nice selection of well priced poly T's, so great)
- Rain jacket
- Hydration pack (you want to drink a lot of water all day long. These packs are good to carry small items like wallet, money, sunscreen and a snack)
- Small back pack if you don't have a hydration pack
- Water bottle
- Camera
- Small multi tool (for personal minor tuning, we take care of the rest)
- ID's
- Wallet

Notes:

To avoid lost of personal belongings, please clearly mark all clothing items with rider's identification prior to coming to camp. BaSE is **not responsible** for personal items that are lost, left behind or stolen. All lost item claims must be submitted with a description of item(s) lost to [info@TheBaSE.ca](mailto:info@TheBaSE.ca) All remaining items will be donated to charity **two weeks after the end of each program.**