



WHAT DO I BRING ON THE MOUNTAIN BIKE TRIP?

- Lunch (unless it is provided by your teacher)
- Clothes for cold, rainy weather. Don't forget a jacket, even if it's nice out!
- Backpack for lunch and extra clothing.
- Sturdy shoes for walking and biking. No sandals or flip-flops!
- You must have the permission form completely filled out and signed by a parent or guardian. **You cannot go on the ride if this form is not signed and with you at the ride.**
- Remember to **eat a good breakfast** on the day of the trip and come prepared to have fun!



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