

# Mountain Biking

## Recommended Clothing List

1. Bicycling shorts with a padded seat (A must for comfort and to prevent chafing).
2. "T" shirt or bike jersey.
3. Long-sleeved underwear top (polypropylene or other synthetic or wool) for cool weather.
4. Sweater (Wool or Pile)
5. Light insulated jacket.
6. Warm pile pants for cool weather.
7. Bike gloves with padded palms (a must for comfort and to protect hands during a fall). A pair of long fingered gloves that will fit over the bike gloves for use in cool weather is recommended.
8. Sturdy tennis shoes or light hiking shoes (avoid heavy, lugged shoes). Mountain bike shoes are recommended if you have them.
9. Rain gear (Jacket with hood and pants. "Gore-Tex" is recommended. Vinyl suits are not acceptable.)