

What to bring?

Keep in mind that the students will have to bring their personal gear with them on the bicycles, so to keep It as light as possible. From our experience this has worked for us:

- a set of base layers. this can be used for sleeping and also in cold days, they can be washed and they dry fast too!

- 4 pairs of socks

- 7 pairs of underwear

- 1 pair of sandals

- 1 pair of hiking boots

- 1 pair of tennis shoes

- 1 pair of gloves (the ones that people use for gardening are great, because they are light and are great for bicycle riding)

- 1 parka

- 1 fleese

- 1 pair of shorts

- not a bad idea to bring 1 pair of cycling shorts

- wool hat or any warm hat is good

- rain clothes

- 2 pairs of fast dry shirts

- a very comfortable pair of pants (not jeans)

- a warm sleeping bag (temperatures might go as cold as 0)

- a good camping mat

- a set of camping pots

- personal hygiene items
- sun screen
- sun glasses
- any reusable water bottle
- a flash light
- swimwear
- back pack (this is what you will use to bring your personal belongs)
- bring your camera (any camera is cool, if you bring an old film camera it's even better, but don ' t forget to bring film)