



What to Bring to Southern Rockies High Altitude Training Camp

For cyclists:

- Both road and mountain bikes can be used at camp
- Three spare tubes, portable air pump CO2 cartridges and patch kit
- A spare tire in case of a blowout.
- Tools – tire levers and allen wrenches (for your seat post, bottle cages, etc.)
- Floor air pump
- Hydration water bags or two water bottles
- Nutritional supplements - energy bars and gels, etc.
- Riding equipment – gloves, shoes, helmet (helmets are required by our insurance)

For other activities:

- Running, walking, and/or hiking shoes
- Swimsuit for possible swim trip to Timberon pool
- Liquid replacement drink/powder and favorite snack/power foods
- Sun hat, sunglasses, sunscreen, ice chest
- Canteen, fanny pack/knapsack, hiking/walking stick, binoculars, family radios
- Light jacket/sweater/long sleeve shirt for possible cool nights
- Warm-ups for cool mornings
- Lightweight rain gear or a poncho for mountain rain showers
- Soap, shampoo, tissues, other toiletries
- Yoga mat (non-slip) and/or yoga kit (mat, blocks, strap), and/or a regular mat.
- Clothesline and pins for clothes drying
- Musical instrument, alarm clock, camera
- Flashlight for night time use
- Lawn chair or camp stool for porch sitting and conversation
- Diabetics/strict vegetarians/gluten-free: bring special foods/snacks compatible with your diets