

# WHAT TO BRING

*For your convenience, Dreamride stocks necessary products associated with mountain biking, from clothing to hydration packs to bikes, wheels, tools and components. If you have a specific request for a complete bicycle, custom part, article of clothing or any related item, it can be waiting for you when you arrive.*

**Food:** *While we provide after-ride snacks and beer for Elite level parties, Dreamride does not stock or provide food for or during each daily ride (except in emergencies). If you have a special dietary need, call 1-888-MOABUTAH and ask about available foods in Moab. Dreamride offers chef services to private parties and Elite level groups at \$35 an hour plus food costs. Servers and other special meal services are also available. We can provide any menu except Kosher.*

**Personal items:** *Aside from your toothbrush, we recommend bringing +15 or higher sunblock, hiking shoes, swimsuit, camera and film (digital is best for vacation shots—35mm slide film is best for professional quality action or landscape photography), cell phone, lap-top computer, bandanas or Headsweats (we stock Headsweats).*

**Equipment:** *Your own personal clipless pedals are probably best, though we have a selection available as part of your rental. Your own helmet is best, though we have them as part of your rental. If you are attached to your saddle, bring it with you, but our saddles are comfy and suitable for technical riding. You will need a comfortable and secure hydration pack that carries at least 100oz. of water and all needed gear along with two large water bottles. We offer body armor to anyone who wants it, but if you have your own, bring it along.*

## **March – October Clothing**

Upper body under layer (moisture wicking long sleeve shirt), at least two bike jerseys, at least two pair of bike shorts, tights, two pair full finger gloves, bike shoes (if you use Frog pedals, bring an extra pair of cleats), three pair medium weight wicking socks, a light-weight fleece top (necessary during cold snaps, especially at high altitude), a wind breaking upper layer (thin nylon), a rain jacket designed for biking, headband and/or helmet cover. For around town, bring shorts and t-shirts in the summer and jeans and jackets for the spring and fall.

## **November – February Clothing**

**To the above, add:** Shoe covers and/or Gore-Tex socks, a medium weight fleece top, knee warmers, extra tights, winter gloves (with an extra pair of full finger gloves), helmet cover, and a fleece earband or wool or fleece cap. In winter it is advisable to carry your own emergency kit with a lighter and matches, extra food, space blanket, and first aid supplies. Weather changes sometimes make it necessary to substitute a hike or ski trip. Bring XC ski and/or hiking gear if you have it.

## **Bringing Your Own Bike**

Your own bike may *not* be the best, so we rent the best, but if you have a worthy steed, go to our website at [www.dreamride.com/travelservices.html#bike](http://www.dreamride.com/travelservices.html#bike) for helpful tips on packing and shipping. If you plan on riding your own bike, you must have tools and any needed replaceable components specific to your bike (derailleur hangers, fork valve adapters, shock pumps, special wrenches, etc.). If your bike does not have at least two water bottle mounts, be prepared to carry more water in your pack. We recommend full suspension bikes and at least Shimano LX level components. We carry Thudbuster seatposts if you bring a