

AVSC JUNIOR MOUNTAIN BIKING EQUIPMENT GUIDE

BEGINNER / INTERMEDIATE PROGRAMS

Required Equipment

- Mountain bike with gears, hand brakes (no coaster brakes), and 24 inch or bigger wheels.
 - Full suspension bikes are NOT recommended for children under the age of 13. Full suspension bikes are disproportionately heavy for small riders.
- Helmet
- Water (cage/bottle or hydration pack)
- Light weight rain shell

Optional but Recommended Equipment

- Bike gloves (prevent blisters and protect hands during a fall)
- Bike shorts (don't wrinkle up – much more comfortable than regular shorts)
- Sunglasses (protect eyes from UV, twigs & branches, bugs & grit)

ADVANCED & COMPETITIVE TEAMS

Required Equipment

- Mountain bike
 - Full suspension bikes are NOT recommended for children under the age of 13. Full suspension bikes are disproportionately heavy for small riders.
- Helmet
- Water (cage/bottle or hydration pack)
- Light weight rain shell
- Spare tube, tire levers, pump or air cartridge
- Multi-tool
- Bike gloves
- Bike shorts

Optional but Recommended Equipment

- Clipless pedals and shoes
- Long sleeve jersey, undershirt, or sleeves (ie something for your arms)
- Tights or leggings
- Training vest
- Road bike for personal training and occasional team rides
- Sunglasses (protect eyes from UV, twigs & branches, bugs & grit)
- Snowmass summer lift pass