

## AVSC JUNIOR MOUNTAIN BIKING EQUIPMENT GUIDE

### Required Equipment

- Mountain bike with gears, hand brakes (no coaster brakes), and 24 inch or larger wheels.  
Full suspension bikes are NOT recommended for children under the age of 13. Full suspension bikes are disproportionately heavy for small riders.
- Helmet
- Sunglasses (protect eyes from UV, twigs & branches, bugs & grit)
- Sunscreen
- 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
- Snowmass summer lift pass

