



# PSIA-Rocky Mountain-AASI



## Wheels Up Downhill Mountain Bike Clinic Check list

Should you have any questions regarding your personal biking skills or any gear you own that you would like to use during this clinic please contact the PSIA-RM office at 970-879-8335, [tim@psia-rm.org](mailto:tim@psia-rm.org)

### What to Bring

#### If you want to use your own bike:

- Must be full suspension, 140mm+ preferred.
- Have hydraulic disc brakes (no V-brakes or cable brakes)
- Have 26 inch, 27.5 or 29 inch tires.
- No cross-country bikes. Enduro Style bikes are acceptable.
- We recommend flat pedals versus clip less pedals. If you are really adamant about riding with clip less pedals we can discuss your riding experience with your clinic leader. Flats are the way to go if you are learning.

#### Required gear if you bring/rent your own:

- Full Face helmet (no XC half shells)
- Full finger gloves (no road bike or XC gloves)
- Knee pads or Knee/Shin pad combo
- Elbow Pads
- Full Armor Jacket if you are new to DH riding (optional)
- Eye protection – goggles or sunglasses must be worn when descending the trail.

#### Food/Hydration

- Snacks
- Lunch or lunch money
- Bring water

#### What to wear

- Wear athletic clothing (i.e. moisture wicking clothing, loose jerseys, and/or tight leggings to put pads over)
- Be prepared for rain, it could happen at any time out on the trail.



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## **Optional gear**

- Neck brace (i.e. Leatt Brace)
- Full armor jacket
- Back pack (Guides will have packs for mechanical issues with bikes)