

Moab Mountain Biking

Trip Description

Some of the best mountain biking trails in North America can be found in the stunning desert landscape that surrounds Moab, Utah.

This trip will include many of Moab's classic trails, such as Klondike Bluffs, Bar M trails, Amasa Back, the world-famous Slickrock Trail, and the epic Porcupine Rim trail.

The beautiful Arches National Park is located just outside of Moab, so we will also spend half a day hiking in the park and viewing its amazing sandstone arches.

Participants can either bring their own bikes or rent bikes from a local shop. Full suspension bikes are necessary for 3 trails.

Cost includes:

- Instruction
- Food (while on-trail and at camp)
- Permits and fees
- Group Gear (tents, cooking gear)
- Transportation
- Fun, non-biking activities in Moab

Cost does not include:

- Food (during car travel)
- *All items on packing list (see page 2)*
- **MOUNTAIN BIKE & helmet**



Trip Dates: March 9-17, 2012

Cost: \$595 for IU Student
\$635 for Public

Please sign up by calling **812-855-2231**, or stopping by IUOA (in Eigenmann Hall), **on or before February 3, 2012.**

Enrollment Limit: 5

Accommodations:

- Campground (showers, toilets)

Mandatory Planning Meeting:

- February 28, 6:30-9pm at IUOA
- Participants **must bring bike to planning meeting** for inspection

Moab Mountain Biking Packing List



Below is a list of items you may need and/or want to use on your trip. We do not expect you to buy all the gear on this list in brand new condition. This is simply a list of **necessary** and suggested items that you can rent or purchase, from IUOA, before your trip's departure.

Good places to purchase gear are [Nashbar](#) and [Pricepoint](#) (bike gear), IUOA Gear Shop (in Eigenmann), Goodwill (or other consignment shops), JL Waters (on the Square), Dick's Sporting Goods, etc.

GEAR KEY:

- **The items (and quantities of items) in bold type are mandatory.**
- The items not bolded are for comfort, but are not necessary.
- *Item is available for rent from IUOA. **Please call 855-2231 by Feb 24, 2012 to reserve gear.**
- [§] Item is available for purchase from IUOA. Please call for price and availability.

Sleeping

- **Synthetic sleeping bag (rated to 15° F) ***
- **Sleeping pad *** (if air mattress, bring repair kit)

Clothing

- **1 Waterproof jacket** [§]
- **1 Waterproof pants** [§]
- **Cycling shorts**
- **1-2 Pair(s) shorts** (for trail/camp, synthetic) [§]
- Cycling tights (long spandex pants)
- **2 Cycling jerseys/synthetic t-shirts**
- **Cycling gloves**
- **1-2 Long sleeve shirts** (synthetic or wool) [§]
- **1-2 Short sleeve shirts** (synthetic or wool for camp) [§]
- **1-2 Mid-weight insulating tops** (synthetic or wool) [§]
- **1 Pair long pants** (synthetic) [§]
- **1-2 Long underwear pants** (synthetic or wool) [§]
- 1 Cap (for sun) [§]
- **1 Hat** (synthetic, for cold weather) [§]
- **1-2 Pair gloves/mittens** (synthetic – fleece, wool, etc.) [§]

Footwear

- **1 pair trail boots/shoes**
- **Cycling shoes** (if using clipless pedals)
- **1 pair shoes or sandals** (for camp)
- **3-4 pairs of socks** (synthetic, for hiking and biking) [§]

Eating

- **1 Plate/bowl** [§]
- **1 Eating utensils** (spoon and/or fork, spork) [§]
- **2 Water bottles** (32oz each minimum) *[§]

Other

- **Mountain bike in sound working condition** (bring bike to planning meeting!)
- **Bike helmet**
- **Camelback** (or other daypack capable of carrying 100oz of water)
- **Lip protection** [§]
- **Sun block** [§]
- **Sunglasses**
- Personal hygiene items [§]
- 1-2 Bandana/handkerchief [§]
- Personal medications
- **1 Flashlight/headlight** *[§]
- **Extra batteries** [§]
- **Plastic bag(s) of various sizes** [§]
- **Money**
- Camera
- **2 spare inner tubes for your bike**
- Mini pump
- Knee & elbow pads
- Bike tools
- Extra snacks, electrolytes (for drinks) [§]

Group gear provided by IU Outdoor Adventures:

- ✓ Tents
- ✓ Tarps
- ✓ Food (menu determined in planning meeting)
- ✓ Cooking Gear