

REQUIRED MATERIAL BIKE CAMP

General material needed for the camp:

T-shirt (5) + shorts (2) + socks (5)

Long sleeve thermal t-shirt + long thermal tights+ long socks + winter hat

Long sleeve sweatshirt + long pants (2)

Raincoat + fleece liner + anorak (coat) for mountain excursions

Sneakers with mountain sole (2)

Swimsuit + flip flops + towel

Cap + sunscreen + lip balm + water bottle

Torch (flashlight) or headlamp

Pijamas + sleeping mat + sleeping bag comfort Temperature 0°C

Toothbrush and toothpaste + shower soap + comb

Specific material for the Bike Camp:

Backpack 10-20L for day trips

Mountain bike + helmet + bike water bottle

Repair kit: small multitool + mini bike pump + 3 spare tubes

Cycling shoes with cleats (if you don't have or don't feel comfortable using them,
another pair of sneakers with mountain sole)

Cycling shirt and pants (jersey and bib shorts) (2) + bike gloves + sunglasses

COLÒNIES ESTIU PYRENE

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42°25'23.4"N 1°38'09.1"E