

Historic Triangle Bike Excursion

Get those legs in shape because we are going on a journey! The trip will cover the Historical Triangle of Virginia: Jamestown, Williamsburg, and Yorktown. Before leaving camp you will become familiar with the bikes, bike safety, and camping equipment. Camp Chanco will provide the bike, gear, and two-person tents. You may bring your own helmet or we can provide one for you. Helmets **MUST** be worn at all times on your bike.

Pack a small suitcase with whatever clothing you will need for your days spent in camp. This will be left in camp while you are on your excursion, you should bring the following items for your trip:

- Sleeping Bag (lightweight)
- Water bottle or canteen
- 2-piece rain suit
- Mosquito repellent
- Small flashlight & batteries
- Sunglasses & sunhat
- Suntan lotion (8 or 10 sun block)
- Towels, washcloth, soap in zip lock bag
- Plastic ground cloth for tent
- \$15 cash for drinks, laundromat, etc.
- 1 long sleeve sweatshirt
- 4 pairs of socks
- 1 pair of jeans
- Cotton bandana
- 1 swimsuit (quick drying)
- 2 pair of shorts
- Toilet articles
- 4 days change of underwear
- 1 long sleeve cotton or blend shirt

In preparation, it is suggested you ride your bike for extensive periods of time. You will want to be in shape to keep up the pace in this powerful adventure. We look forward to seeing you and your muscular calves this summer.

Bike Trip participants must have the Purple Bike Excursion Liability Release forms signed in order to participate.