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Hello, my mountain biking friends! Our trip to the beautiful mountains of North Carolina is just a few days away! I hope you're excited and doing what you can to get your legs and lungs strong and ready for a lot of miles. I wanted to touch base about a few things and get you a packing list so the trip can be a success for all of us.

First of all, due to the distance we are traveling, and our desire to get in as much riding as possible, please plan to be at **THE ARK at 4:00 PM for registration** at the Tower Shelter weather permitting (by the outdoor climbing wall) instead of 5:00. This will get us a head start on our drive down Sunday and allow us to maybe even get in an afternoon ride on Monday after we arrive. If this is a problem, please contact the camp office at 765-395-3638 ASAP.

Secondly, we will be staying at Davidson River Campground, just outside of Brevard, North Carolina. Since we'll be base camping, it won't be as essential to pack as light as it would be if we were hiking all week. However, you will need to fit everything in an oversized Rubbermaid tote the camp will be providing for you, so don't pack like a vacation. Pack for adventure...a dirty, sweaty, ride your wheels off adventure! There are also shower facilities at the campground, as well as a river to swim in so plan accordingly for that.

Third, the camp will be providing each of you with a Cannondale Catalyst mountain bike to use for the week. These are high quality, well-engineered bikes. You don't need to bring your bike from home. However, you will need to provide a bike helmet, bike shorts, and comfortable shoes. You should also come with some sort of hydration pack, or at least a small backpack for water bottles and snacks.

Finally, please come prepared to share about your walk with Christ at some point during the week. Our theme for the summer is Rooted, and we will be looking at putting down deep roots for our faith. Please spend some time preparing to talk about how you are pursuing Him in your daily life (a few verses that are your favorites would be a great place to start)!

Aside from the packing list below, I think this is all I have for you. Rest assured I'm trying to get my 38 year old body in shape so you don't put me to shame! If you do, I'm not above slashing a few tires! Can't wait to see you and am already praying for God to do incredible things during our time together.

In His Grip,
Joe Wisley

Packing List:

- Comfortable Shoes
- Sandals/Flipflops
- T-shirts/riding shirts
- Shorts and long pants
- Bike shorts (preferably 2 pair)
- Riding gloves (not necessary but suggested)
- Jacket or sweatshirt
- Rain jacket
- Socks and skivvies for each day
- Bible
- Notebook
- pen
- Shower supplies
- Towel
- Toothbrush and toothpaste (duh!)
- Snacks for van and trail (and to share)
- Camera (phone is okay, as long as it stays in Airplane mode)
- Money for 3 road meals
- Bike helmet
- Hydration pack (or small backpack)
- Cup, Bowl, Spoon
- Flashlight or headlamp
- Sun screen
- Sunglasses
- Bug Spray (they are nasty this time of year so get some good stuff!)
- Handkerchief (to wipe sweat while we ride - yes, even you, my friend will sweat like crazy!)
- Swimsuit (modest and 1 piece pretty please)
- Camping chair