



2019 Winter Camps

January 19th & 20th -- Beginner Girls & Beginner Boys
February 9th & 10th – Intermediate 1+ years in NorCal

These camps are a great way for beginner riders to improve their skills, hang out with riders from other schools, and have a good time camping out under the stars in the open country! Hosted by NorCal League staff, guest skills instructors, and top-notch League coaches, these camps are a great way to kick off the 2018 season.

All winter camps will be hosted at the Bauman Ranch: [480 Wilson Hill Rd, Petaluma CA 94952](#)

General Info

1. Travel and Pick-up/Drop Off Times - You are responsible for your transportation to and from camp.
 - Drop-off between 8:30 - 9:00 AM on Saturday
 - Pick-up for student-athletes is at 12:00 PM on Sunday.
2. Diet - Please let us know if you have any food allergies, or specific diet restrictions, by Thursday, January 4th. Email this information to robert@norcalmtb.org
3. Bike - Please take your mountain bike to your local mechanic and get it tuned up and ready to ride. If your bike has any marginal problems, get it fixed now. For example, your brake pads are almost bare, your chain needs replacing, your tires are kind of bald. We will be in a remote location with no access to a mountain bike shop, so please be sure your bike is ready for a week of riding.\
4. Recommended Packing List - PLEASE read and adhere to the recommended packing list that is part of this packet. Also, there is always the chance for both very cold weather, and afternoon showers, so we want to be sure you are prepared and comfortable at camp.
5. Get stoked! We are looking forward to a full weekend together building skills, ride bikes, enjoy nature and build community and lasting friendships!
6. Documents - **Please fill out rider check list that was sent in your confirmation email when you registered.**

Email or call Robert with any questions: Robert Ramirez Robert@norcalmtb.org (925-768-5180).



2018 Winter Camp Packing List

The following is a guideline for what to bring to camp:

- Mountain bike in working condition – TUNED and ready to go!
- If you have it, cell phone for keeping in touch with your “sponsors” at home. If you don’t have a cell you will be able to use another phone to call home.
- Any medication/prescriptions: please discuss with Robert or Erica upon check-in
- Tent with rain fly and tarp to go under tent!
- Sleeping pad
- Sleeping bag
- Pillow
- Warm pajamas
- Toiletries (brush, toothbrush, toothpaste, contact solution, etc.)
- Headlamp/flashlight and camp chair
- 4 tubes, patch kit, pump or inflator (extra tires will be provided in the event of an emergency.
- water bottles (2) or hydration pack
- Energy bars
- Multi-tool
- 4 pairs socks
- 4 t-shirts
- 2 pairs riding shorts (weather)
- 2 riding jerseys, Long Sleeved
- 1 riding jacket
- 1 wind or rain jacket
- Tights or leg warmers
- Arm warmers
- Short and long finger gloves
- Helmet
- Riding glasses (if you have clear lenses)
- Sweatshirt
- Light jacket
- Sunscreen

The weather can range from 35 degrees and raining to 85 degrees and sunny, so be prepared for anything!