



Women's Shred Fest Equipment List

SKILLS WEEKEND



What to carry while riding:

- Hydration Pack
- Water
- Riding Snacks
- Electrolyte replacement tabs or chews
- Spare Tube



Absolute Musts:

- Bike
- Bike shoes
- Helmet
- Bike Gloves
- Eye Protection (Sunglasses or goggles)
- Protection (Required for advanced groups, optional for beginner intermediate)

Optional items to carry with you:

- Bike Multi-Tool
- Tire Levers
- Patch Kit
- Pump
- Plug Kit (for tubeless tires)

