

Bicycle Instructions

- The bicycle package includes:
 - (1) single-person bike or (1) tandem bike
 - (1) helmet for a single-person bike or (2) helmets for the tandem bike
 - (1) U-Lock with key
- The Outpost provides a helmet with bike rentals and we **STRONGLY** recommend that renters use them. The UND Outdoor Recreation program is not responsible for injuries while using rented equipment; you are responsible for your own safety.
- Please check the bicycle thoroughly before using. As a rule of thumb, there are 5 things that you should check before you ride:
 - 1) **Tires and Wheels** → Tires should be properly inflated and wheels should not be loose.
 - 2) **Brakes** → Squeeze the brake levers and make sure you can't roll the bike forward or backward at all while brakes are on.
 - 3) **Seat Post and Handlebar Stem** → Make sure the seat is at the correct height and that it is tight. Also, check that your handlebars are not loose.
 - 4) **Helmet** → Check over your helmet before wearing it. The strap shouldn't be frayed or have a broken buckle. There should also not be any cracks on the outer shell or inner surface of the helmet.
 - 5) **Chain and Gears** → Make sure the chain is properly tightened and that it turns cleanly and doesn't rub anywhere. The chain should also be properly lubricated and show no signs of rusting. It is also recommended that you go through all of the gears once right away to make sure there are no problems with shifting.
 - **(From:** http://bicycling.about.com/od/allaboutyourbike/a/five_bike_check.htm)

*****PLEASE TREAT THE BICYCLE AS IF IT WERE YOUR OWN*****

It is **HIGHLY** recommended that each person wear a helmet at **ALL** times when riding a bike.



Basic Equipment Instructions

Camping Equipment Instructions

Tent Instructions

- Renters are responsible for making sure all of the parts of the tent are included when the tent is checked out. Please make sure that you have all of the necessary parts for proper tent set up and use before you leave on your adventure. It is recommended that you examine the equipment before you use it. It is also recommended that you set up the tent and try out the equipment before each outing.
- If you have questions or are unsure of how to assemble tents, please ask the Outpost staff for assistance before leaving the Wellness Center.
- If camping with a group, do not mix up equipment stuff sacks or pieces of equipment. Keep all components of the equipment together, especially tent poles, accessories, and stuff sacks! Secure your stuff sacks inside your tent or they can blow away.
- Please return equipment as clean and dry as possible. Do not wash or dry tents in a washing machine or dryer...it will damage the equipment. If tent gets wet, air-dry only. If tents are put away wet and returned without drying, mold and mildew could grow on them, making them unpleasant and potentially unusable for the next renters.

- The Outpost understands that tents will get dirty/dusty from outdoor use, but please dry off the tent and wipe off any debris (mud, leaves, pine needles, grass, etc.) from the bottom of the tent before you put the tent back in its bag.
- The Outpost staff will assess the tent upon return and if it is considered extremely dirty (i.e. wet, mud on the bottom of the tent, debris falling out of tent, etc.), a \$10 cleaning fee will be charged to the renter.
- Renters are responsible for all equipment. If equipment is damaged or broken, renters will be charged for the repair or replacement of the item.

Sleeping Bag and Pad Instructions

- Check to make sure the sleeping bag is in good condition before you take it on your adventure. It should not be coming apart at the seams, damp, or moldy smelling.
- Please keep the sleeping bag dry. Keep the sleeping bag in a waterproof outer bag until you are ready to use it.
- Sleeping bags can be washed, but there are very specific guidelines to follow to properly wash the sleeping bag. Improper washing and drying could harm or completely ruin the sleeping bag. Please consult the Outpost staff before washing sleeping bags.
- When using the sleeping bag, sleep in clean clothes or use a liner to keep the inside of the sleeping bag as clean as possible for the next renter.
- When putting the sleeping bag back into the stuff sack, it is easier if you start with the foot of the sleeping bag first and the zipper partially closed. Push the sleeping bag firmly to the bottom of the stuff sack and stuff evenly as you go up. If you are putting the sleeping bag away in wet conditions, be sure to pull it out to dry as soon as possible.
 - **(From: <http://www.rei.com/learn/expert-advice/caring-sleeping-bag.html>)**
- Air out the sleeping bags daily after use.

- The renter is responsible for the safe and secure transportation of the canoe/kayak. Tie down instructions are included in each tie down kit.
- The canoe/tandem kayak package includes:
 - (2) canoe paddles or (2) kayak paddles
 - (2) life jackets (fitted to each person)
 - (2) floating seat cushions
 - (1) tie down kit
 - (4) pads
 - (2) ratchet ribbons
 - (2) cinch ropes
- The single kayak package includes:
 - (1) kayak paddle
 - (1) life jacket (fitted to person)
 - (1) floating seat cushion
 - (1) tie down kit
 - (4) pads
 - (2) ratchet ribbons
 - (2) cinch ropes
- It is the responsibility of the canoe/kayak renter to know and follow all boating laws. All states and some areas within a state have different boating laws, and it is the responsibility of the renter to research those laws prior to boating in any state or natural area. For a full listing of boating laws for North Dakota and Minnesota, please visit www.gf.nd.gov/boating (ND) and www.dnr.state.mn.us/safety/boatwater/index.html (MN).
- Per North Dakota and Minnesota state boating laws (along with many other states), a U.S. Coast Guard-approved Type I, II, or III personal floatation device (PFD) must be readily accessible on all boats (including canoes and kayaks) for each person on board.

It is **HIGHLY** recommended that each person wear a PFD at **ALL** times when on the water.