



# COLORADO ADVENTURE GUIDES

HIKE • BIKE • SKI • CLIMB • LEARN

## Mountain Biking Equipment List

Below is a list of required and recommended equipment for your adventure. Dressing properly and having the correct equipment will help Colorado Adventure Guides provide a safer and more fun experience for your group. Though we cannot control the weather, we can make sure that you are prepared for whatever conditions we encounter in this mountain environment. Remember, the weather can change quickly and drastically.

Our guides recommend wearing technical clothing on all higher level (4 & 5) hikes, and mountain bike rides, but is never a bad idea regardless of which activity you participate in. Technical clothing (polypro, merino wool, etc) is designed to help regulate body temperature and keep perspiration off of the skin. Not only is it safer, it dries faster, and is much more comfortable during exercise. When possible, please try to avoid wearing cotton like hoodies, denim jeans, cotton socks, etc.

Colorado Adventure Guides strives to be as environmentally conscious as possible. We strongly urge you to bring your own hydration system or Nalgene bottles and fill them before heading to the trailhead. This reduces plastic pollution and the chance of accidentally leaving litter behind. Plus, our water is fresh and delicious up here in Summit County!

- Mountain Bike Helmet (provided with rental bike)
- Eye protection
- Closed toe shoes
- Appropriate clothing for outdoor activities. (1 warm layer. Dependent upon weather)
- Cycling gloves (recommended)
- 2-3 liters of water
- A means to carry 2-3 liters of water. (Backpack with hydration system is recommended)
- Rain jacket