**ARE YOU COLO-READY?**

**BICYCLE (ROAD & GRAVEL) EDITION**

With a little preparation, a spirit of adventure, and a soft spot for nature and the past, you’ll be ready to explore Colorado like a local.

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**COLORADO PACKING LIST**

The weather in Colorado can change in a heartbeat — particularly at higher altitudes. Check the weather forecast before you roll and be prepared for anything.

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**LEAVE NO TRACE – CARE FOR COLORADO PRINCIPLES**

**01. KNOW BEFORE YOU GO**

Check out the Colorado Trail System. Use it to find new trails and discover old ones. Always wear appropriate trail footwear, even to camp.

**02. STICK TO TRAILS**

Stay on the trail. This is not a cross-country area. By staying on the main and secondary trails, you’ll help prevent erosion and maintain the landscape and wildlife habitat. When you ride, ride the trail, not it. Stick to designated bike and run routes.

**03. LEAVE IT AS YOU FIND IT**

Avoid littering. Pick up any trash you see on the trail. Leave it behind so others can enjoy the peace of Colorado.

**04. GIVE & GET**

Give when someone needs help and vice versa. Be considerate when passing others on the trails and hold the line to avoid congesting the trail.

**05. WATER & HYDRATION**

Bring along reusable water bottles or hot drink tumblers for everyone to enjoy. Please don’t take them. A few extra strides on the path may be worth it.

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**ACT LIKE A LOCAL**

OK, NOW YOU’RE DRESSED LIKE A LOCAL. HERE’S WHAT YOU NEED TO PASS FOR ONE.

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**LEARN THE LINGO!**

**HERE’S WHAT YOU NEED TO KNOW.**

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**RULES OF THE ROAD**

**07. SHARE OUR TRAILS & PARKS**

Choose areas you’re not in to ride. Your presence can ruin a local’s plans and prevent the trail from being maintained for everyone to enjoy.

**08. WATER BOTTLE OR HYDRATION SYSTEM**

You have a lot of water to carry and storage options are limited on the trails. A hydration pack is a great option for packing water and snacks.

**09. SUNGLASSES**

Wear ‘em! Not only will they protect your eyes from the sun and glare, but they also help with glare and prevent shifting and squinting.

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**COLORADO BIKING MUST-HAVES:**

**SNACKS**

Your body is working hard during a ride. Snacks help keep you fueled and satisfied, so bring some on your ride.

**WATER BOTTLE & PACK**

A well-chosen water bottle and pack can make the difference between a solid ride and a disaster. Make sure it’s comfortable and easy to access.

**OUTERWEAR & ACCESSORIES**

Choose your outfit carefully. You need to be comfortable and prepared for anything. From top to bottom, your outfit should be waterproof and insulated.

**SNAGS**

A well-constructed helmet is essential to protecting your brain from injuries. Make sure it fits and is securely fastened.

**CLOTHING**

Layering is key to staying comfortable. Choose clothes that allow you to adjust your layers as needed throughout the ride.

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**KEEP WILDLIFE WILD**

*Colorado is home to tens of thousands of species of native wildlife. It’s important that we keep them wild and protect their habitats.*

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**LEAVE NO TRACE**

*Be considerate when passing others on the trails and hold the line to avoid congesting the trail. Always leave the environment as clean as you found it.*

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**MACHETES & WEAPONS**

*Carry only the tools you need for your ride.*