

Colorado Mountain Expeditions Mountain Bike Trip Packing List

The following list is intended to help you understand the gear and supplies you will need for safety and comfort on a guided mountain bike trip with Colorado Mountain Expeditions.

Colorado Mountain Expeditions operates trips in a wide variety of landscapes, from the deserts of Utah to the alpine peaks of Colorado. On the Colorado Trail, riders will experience high elevations, cool mornings, warm afternoons, and the possibility of sudden wind, rain, or thunderstorms. Wherever we are, the weather can be extreme.

When packing, remember the weather at your home will certainly be different than the places we explore. You will be outside for most, if not all, of your trip. Pack quick-drying, hydrophobic clothing and avoid cotton whenever possible. Weather is something we cannot predict. Be prepared for all extremes: sunny and hot, or cold, wet, windy, and stormy.

Riders will be limited to **TWO soft duffel bags** (up to 50 lbs each) and a small day pack. Please do not bring hard suitcases. This is a great trip to use dry bags if you own them.

PERSONAL FOOD

We supply and prepare large, healthy breakfasts and dinners. Lunches are made fresh daily and include made-to-order sandwiches, fruits, vegetables, and plenty of snacks and ride fuel.

If there is a specialty food item that you really need or enjoy, feel free to bring it and we can store it for you.

Please notify us (via Health Form or email) if you have dietary restrictions. We happily accommodate gluten-free, vegan, vegetarian, and more.

BEVERAGES

We provide an assortment of beverages including coffee, tea, soft drinks, Gatorade, sparkling water, and potable water.

We encourage you to increase your water consumption a few days prior to the trip and throughout the week, especially at high elevation.

Alcohol is not provided. However, you may bring your own beer or wine and keep it in our coolers. Cans and box wine are preferred over glass bottles.

Cash-

You may want to bring some cash for optional items such as personal beverages or alcohol (not provided, though you are welcome to bring your own), merchandise or incidentals, and guide gratuities. *Your guides will work hard to make your trip possible and enjoyable, and gratuities are greatly appreciated. A typical tip is 12–15%. You can give your tip to any of the guides, and it will be divided equally among the crew.*

Please note: CME owners Dan and Emily do not take tips from the tip pool.

Packing checklist:

Don't Forget Your Bike ([see bike requirements sheet for more info](#))

<input type="checkbox"/> Mountain bike helmet (required)	<input type="checkbox"/> Sunglasses or clear riding glasses	<input type="checkbox"/> Weather-proof tent (riders set up their own tents)
<input type="checkbox"/> A spare derailleur hanger	<input type="checkbox"/> Chamois cream	Your tent must be weather-proof and large enough for you and your gear.
<input type="checkbox"/> Cycling shoes (clipless or flat pedal)	<input type="checkbox"/> Comfy clothes like sweats or PJs	Do not bring a tiny backpacking tent. Rentals are available.
<input type="checkbox"/> Bike gloves	<input type="checkbox"/> Reading material	
<input type="checkbox"/> 2–3 pairs riding shorts and/or padded liners	<input type="checkbox"/> Spare tube- we recommend bringing 2	
<input type="checkbox"/> 2–4 moisture-wicking riding jerseys or shirts	<input type="checkbox"/> Tire levers	
<input type="checkbox"/> Lightweight long sleeve riding layer	<input type="checkbox"/> Multi-tool	
<input type="checkbox"/> Warm layer (fleece, wool, or puffy)	<input type="checkbox"/> Small pump or CO2 inflator	
<input type="checkbox"/> Rain jacket (waterproof/breathable)	<input type="checkbox"/> Patch kit	
<input type="checkbox"/> Rain pants (optional but recommended)	<input type="checkbox"/> Small bike repair kit (required)	
<input type="checkbox"/> Warm hat or lightweight beanie (best if it fits under your helmet)	<input type="checkbox"/> Day pack or hip pack (large enough for rain gear, warm layers, tubes, multi too, FA kit, pump/inflator, water and your lunch)	
<input type="checkbox"/> 4–6 pairs quality riding socks (Smartwool, etc.)	<input type="checkbox"/> Water bottles or hydration bladder (2–3 liter capacity)	
<input type="checkbox"/> 4–6 underwear	<input type="checkbox"/> Personal first aid kit	
<input type="checkbox"/> Comfortable camp clothes	<input type="checkbox"/> Rain gear (jacket and pants)	
<input type="checkbox"/> Camp shoes or sandals	<input type="checkbox"/> Sunscreen SPF 36+ and lip balm	