

PRE-RIDE GUIDE

WILD FLOW TOURS



This list is not exhaustive and is meant to help you prepare for your trip. We have many items in our tour support van "The Big Green Boogie". We carry them as support parts and gear to help keep us all on the trails in the event of a mechanical failure or memory failure (as these happen too).



Gear List:

1) **Bike** with spare parts specific to your bike (like a replacement derailleur hanger). We have common parts if you forget an item or if something breaks but not bike specific parts for every bike out there.

2) **Helmet, gloves, shoes** (that match the pedals you are riding on), **riding clothes**.

3) **Hydration container** (pack, bottles, or sippy cups). We provide fresh ice cold water on tour.

4) **Nutritionals** (electrolytes, gels, bars, blocks, capsules, powders). We have a selection in the van (for \$2/ item) if you forget or want to try something new.

5) **Medications** (inhalers, epi pens, glucose). We have many items in our med bag, but only carry them in case of emergencies which we prefer to avoid at all costs.

6) **Change of clothes and towel** (if you want to indulge yourself in a post ride swim in one of our many local swimming holes at the end of each tour day).

7) **Electronics** (cameras, batteries, chargers, GPS trackers, fitness trackers, heart rate monitors, lights for night rides). (Night rides are not part of our tours, but are fun and we don't want you to forget anything.)