

# Ride Headquarters

## A Big Day of Gravel Riding - Checklist

### What to Bring for After The Big Ride

After a long ride event, you need to eat, relax, recover. You may not be ready to drive, so try a nap. Take advantage of the time post-ride to chat and eat.

#### Clothes

- Clean underwear
- T-Shirt
- Shorts
- Sweatshirt
- Comfy shoes
- Cozy, warm socks
- Crud Cloth / Shower-in-a-bag / Wash cloth
- Puffy jacket
- Sweatpants

#### Eating & Recovering\*

- Cooler
- Set of utensils
- Cup
- At least 1/2 gal water
- Smoothie or recovery drink
- Sandwich
- Chips, pretzels, other salty snack
- Lawn chair
- Pillow
- Blanket
- Tent / Shade

#### Other items to Remember

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\* If you're participating in one of our Trail Mix rides, food and drink are served post-ride and all dietary requirements are accommodated.