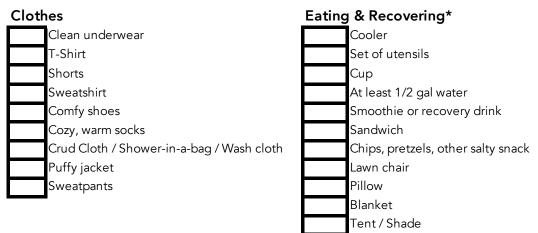


## A Big Day of Gravel Riding - Checklist

## 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.



## Other items to Remember

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