

## **Colorado Mountain Expeditions Katy Trail Ride 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 Katy Trail adventure with Colorado Mountain Expeditions.

The Katy Trail offers mostly flat to gently rolling terrain through open farmland and shaded forests. Weather in Missouri in early September is generally warm during the day with cooler mornings and evenings. Conditions can change, so bring layers for sun, wind, and occasional rain.

### **Luggage:**

Riders will be limited to **two bags** (maximum **50 lbs per bag**). Hard suitcases or duffel bags are welcome. Your luggage will be transported by our support team each day, so you won't need to carry any overnight items while riding.

### **Personal Food:**

We provide healthy breakfasts, lunches, and snacks on the trail. Lunches include made-to-order sandwiches, fruits, vegetables, and ride fuel. If you have specialty foods or favorite snacks, feel free to bring them — please note any restrictions on your health form or via email. We can easily accommodate gluten-free, vegan, vegetarian, and other dietary preferences.

### **Beverages:**

We provide coffee, tea, soft drinks, gatorade, and water throughout the ride. Increase your water intake a few days prior to the trip and stay hydrated during the ride.

### **Cash:**

Bring cash for optional purchases such as snacks, souvenirs, or guide gratuities. Gratuities are greatly appreciated — a typical amount is 12–15%. Give your tip to any guide and it will be divided equally. CME owners Dan and Emily do not take tips from the pool.

## **Packing Checklist –**

### **#1 - Don't Forget Your Bike** *(See bike requirements sheet for more info)*

- Helmet (required)
- Cycling shoes (clipless or flat pedals)
- Bike gloves
- 2–4 pairs padded cycling shorts or liners
- 2–5 moisture-wicking cycling jerseys or shirts
- Lightweight long-sleeve layer for sun or cool mornings
- Warm layer (fleece or light jacket)
- Rain jacket (waterproof/breathable)
- Buff
- 4–6 pairs cycling socks
- 4–6 pairs underwear
- Comfortable clothes for evenings in towns and restaurants
- Casual shoes or sandals
- Sunglasses or clear glasses
- Chamois cream (optional but recommended)
- Reading material or journal

### **Bike Repair Essentials**

- Spare tubes (2 recommended)
- Tire levers
- Multi-tool
- Mini pump or CO2 inflator
- Patch kit
- Small bike repair kit (required)

### **Day Pack or Bike Bags**

- Small day pack, backpack, or bike-mounted bags

This is what you'll use each day to carry your lunch, snacks, extra layers, rain gear, water, and any personal items you want access to while riding. Many riders choose a small backpack, while others prefer frame bags, handlebar bags, or seat packs attached directly to their bike.

### **Personal Items**

- Phone Charger
- Sunscreen SPF 30+
- Towel and toiletries
- Bug repellent
- Personal medications