

## Telluride Classic Cruisers

### What to Bring/ What to Wear/ What to Know

- Arrive at least 15 minutes early for your TCC Cruise.
- Colorado has more than 300 days of sunshine per year! Sunglasses and sunscreen is a must.
- Weather can be unpredictable in the mountains of Colorado, a rainjacket is a good idea.
- Please choose appropriate footgear to wear for cycling
- It is essential to stay hydrated at high altitude. Please arrive well hydrated and bring water with you as well.

#### Keys to Preparing to Exercise at Altitude:

1. Ascend gradually; you would benefit from arriving a day or two before the tour begins. Many people stay at an intermediate altitude like Denver for their first night.
2. Hydration is essential as you acclimatize
3. Avoid excessive alcohol
4. Altitude medications are a consideration if unable to ascend gradually and are occasionally used by travelers to the high country of Colorado.