

Switzerland: Kit List

PERSONAL ESSENTIALS

Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes (must also suitable for hike-a-bike sections)

Knee pads + elbow pads

Bike gloves x 3 pairs (long finger, not fingerless)

Biking glasses

Waterproof jacket and trousers of a mountaineering style

Padded cycling shorts/ trousers + overshorts (at least 3 pairs)

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Biking socks (at least 4 pairs), ideally quick-dry

Warm down jacket for evenings

Buff (neck gaitor)

Hat and gloves (wool or synthetic thermal material)

Sunscreen (SPF 30 or more, including one for lips)

Hydration system (Camelbak)

Re-usable drinks bottle

Dry bags to separate wet and dry gear

20 litre (minimum) daypack with rain cover (EVOG ideal)

Extra camera batteries and memory card



OWN BIKE ESSENTIALS

Bike specific brake pads (x3 sets)

Bike specific rear mech (derailleur) hangers (x2)

Bottle of chain lube

Tubeless tyres

Inner tubes (x4) or bottles of tubeless fluid (x2)

Chain specific 'quick link'

Dropper seat post

Tyres: Large nobs/tread suitable for aggressive, wet and rooty all-mountain trails. Double casing or extra sidewall protection.

Front mud guard (cow poo :-))

Professional service, including suspension must be undertaken prior to trip

If there are parts unique to your bike, please bring spare(s) of these

In order to minimise transfer of bio matter please ensure your bike is cleaned thoroughly before travelling to Switzerland

RENTAL BIKE ESSENTIALS

You must bring your own pedals for rental bikes

**These items are noted as 'ESSENTIAL' for very good reasons!
For your own safety & comfort please bring them all.**