

PRO TIPS

# KIT LIST

"e-Alps has selected the items below because we feel they are **ESSENTIALS** for all-weather alpine adventure comfort!  
We recommend that you take them all with you."



## Personal essentials

- ☐ Mountain bike specific helmet.
- ☐ Mountain bike specific shoes (can also work a hike shoes)
- ☐ Bike gloves and glasses
- ☐ Knee and elbow pads (optional).
- ☐ Waterproof jacket
- ☐ Biking shorts (at least 2 pairs)
- ☐ Long-sleeved base layers (merino wool ideal)
- ☐ Short-sleeved and long-sleeved biking tops.
- ☐ Socks (at least 4 pairs)
- ☐ Buff (neck gaitor)
- ☐ Warm down jacket for evenings
- ☐ Hat and gloves
- ☐ Sunscreen
- ☐ Hydration system (Camelback ideal)
- ☐ 20L (minimum) daypack with rain cover.
- ☐ A towel
- ☐ A swimsuit
- ☐ Your toiletry bag

## Own bike essentials

- ☐ Bike specific brake pads (x2 sets)
- ☐ If you use tubeless tyres, everything you need for repairs.
- ☐ Tyre repair kit, inner tubes (min. 2) and small pump.
- ☐ Chain specific 'quick link'
- ☐ Additional derailleur hanger.
- ☐ If there are parts unique to your bike, please bring spare(s) of these.
- ☐ Full service, including suspension must be undertaken prior to trip.
- ☐ **Extra battery for the bike.**
- ☐ **The key to your e-bike.**
- ☐ **Battery charger.**

\*If you rent the e-bike with e-Alps, we take care of all the equipment.

**E-ALPS**

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