

# ADVENTURE HAS NO LIMITS. YOUR FREE TIME DOES.

Let local experts plan and book your dream adventures in the Alps.



## Recommended Packing List for Bike Tours

All tours offered by Alpenventures UNGUIDED are self-guided, and we expect our customers to already have the experience and knowledge to appropriately pack for a safe experience in the Alps. This list is designed for our customers, who overnight primarily in hotels and other accommodations. Therefore, it does not include camping gear.

### Food and Water:

- 1 cycling water bottle, and a 1-liter Platypus (or other container) for extra water carrying capacity
- Snacks (we recommend bread from the bakery, cheese, and sausage)

### Navigation, Safety, and Repairs:

- Map
- Optional: GPS or navigation app for your smart phone – strongly recommended for mountain bike tours
- Helmet
- Sun protection (sun block, sun glasses)
- First aid kit
- Repair tool kit (this will be provided with rental bikes) – should include tire levers, hex keys, tube patching kit, replacement tube
- Tire pump
- Bike bell (required by law in some countries)
- Lighting for your bike, front and back (this will be provided with rental bikes, but we like to carry an additional headlamp just in case)
- Bike lock/s (this will be provided with rental bikes) – consider bringing an extra lighter weight lock for the panniers

### Clothing

- Rain jacket
- Optional: rain pants (we pack these depending on the forecast)
- Optional: down jacket (for spring, fall, and winter tours)
- Lightweight jacket (depending on the season, it may be heavier)
- Warm hat
- Warm gloves
- Recommended: cycling gloves

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Clothing can be a very personal decision, but these are our recommendations.

- 2 pair of high quality bike shorts or chamois
- 1 pair running tights, or other pants, for colder mornings (pair these with your bike shorts or chamois)
- 2 pair short-sleeved breathable and wicking t-shirts (no cotton)
- 1 long-sleeved shirt
- 2 to 3 pair socks
- Underwear (we'll let you calculate out what you need, but most cyclists don't wear underwear while they are cycling, and in the evening, we recommend airing out)
- Extra set of clothing for evening wear
- Optional: Buff, or other tubular bandana, is one of our favorite trail essentials

## Toiletries

- Small amount of laundry detergent for handwashing shorts, and other clothing items as desired
- Chamois cream or diaper cream
- Deodorant
- Tooth brush
- Tooth paste
- Optional: shampoo
- Optional: tissues
- Other essentials as desired

## Other

- Pair panniers (these can be rented with a rental bike)
- Shoes for cycling that are sturdy and stiff (cycling-specific shoes are not recommend unless you already have them – rental bikes are only equipped with flat pedals)
- Optional: Bungee cord or clothes pins for attaching clothing on the bike during the day for drying
- Optional: lightweight bag for carrying valuables with you when leaving the bike unattended
- Optional: extra shoes for evening wear
- Optional: pair snap bands for securing your pants tighter around the ankle (recommended for use with non-cycling specific pants)
- Optional: power pack for charging electronics during the day