

# PACKING LIST

## ONE DAY TOURS

### Clothes you need while riding:

- Bike shorts + padded undershorts
- Bike jersey
- Helmet (obligatory!)
- Knee pads (recommended)
- Bike shoes
- Socks
- Sun glasses
- Long gloves that also give you protection in case of a crash

### In your bike backpack:

- Drinking system (or bike bottle)
- Raincover for your backpack
- First Aid kit & individual medication for allergies etc. (obligatory!)
- Sunscreen

### Clothing (depending on weather conditions):

- Additional bike jersey
- Warm, long sleeved bike jacket / jersey
- Light, warm fleece
- Leg warmers
- Packable rain jacket 100% waterproof
- Packable rain pants 100% waterproof
- Shoe covers 100% waterproof

### Tools / Spare Parts Basic (must have):

- MultiTool
- 1 spare tube matching your wheel size including
- 2 tire levers
- Mini tire pump or CO2 inflator including a cartridge

### Tools / Spare Parts Extra:

- Patch kit for tubes
- Tubeless patch kit
- Pair of spare break pads matching your break model
- Chain links matching your chain model
- Derailleur hanger matching your frame model (for rental bikes ask at the shop)

## ONE DAY TOURS

Shift Cable

Zipties

### Extras:

Mobile / smartphone

Power bars

Isotonic drink