

# PACKING LIST

## DOLOMITES ENDURO TRAVERSE

### Clothes you need while riding:

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Bike shorts + padded undershorts  |
| <input type="checkbox"/> | Bike jersey   |
| <input type="checkbox"/> | Helmet (obligatory!)  |
| <input type="checkbox"/> | Knee pads (recommended)   |
| <input type="checkbox"/> | Bike shoes (or sports shoes with stiff sole) that also work fine for walking sections |
| <input type="checkbox"/> | Socks   |
| <input type="checkbox"/> | Sun glasses   |
| <input type="checkbox"/> | Long gloves that also give you protection in case of a crash                          |

### Backpack:

We suggest you to bring a bike backpack of 25-30 liters, including a 2 liter hydration system (or water bottle).

To enjoy difficult passages and ascents, the pack should not weigh more than 7 kg and a fully loaded pack should leave enough room for the head – with the helmet on!

### In your bike backpack:

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Drinking system (or bike bottle)                                       |
| <input type="checkbox"/> | Raincover for your backpack  |
| <input type="checkbox"/> | First Aid kit & individual medication for allergies etc. (obligatory!) |
| <input type="checkbox"/> | Sunscreen  |

### Clothing (for all weather conditions):

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | 1 additional bike shorts, including padded undershorts |
| <input type="checkbox"/> | 1 additional bike jersey                               |
| <input type="checkbox"/> | Warm, long sleeved bike jacket / jersey                |
| <input type="checkbox"/> | Leg warmers  |
| <input type="checkbox"/> | Packable rain jacket 100% waterproof                   |
| <input type="checkbox"/> | Packable rain pants (long) 100% waterproof             |
| <input type="checkbox"/> | Shoe covers 100% waterproof                            |
| <input type="checkbox"/> | Light long comfy pants for the huts                    |
| <input type="checkbox"/> | Light warm fleece for the hut / cold cycling days      |
| <input type="checkbox"/> | T-shirt for the huts                                   |
| <input type="checkbox"/> | Socks, underwear                                       |
| <input type="checkbox"/> | Headband / buff  |

