

Ausrüstungsliste

Technical Equipment

- well maintained, modern Mountainbike*
- Flat-Pedals – no „Click-System“**
- 2 backup tubes
- tyre repair-kit
- bicycle tyre inflator
- if Fullsuspensionbike, inflator for shock absorber
- brake linings backup
- service quantities (in one's sole discretion)
- bike daypack
- Camelback and/or drinking bottle

Navigation

- Map from the area (Hardcopy)
- Guide book or alpenvereinaktiv tourdescription
- Altimeter
- GPS and Smartphone with installed alpenvereinaktiv App

Emergency Equipment

- Biwi-Sack (for 2 persons)
- First-Aid-Kit with rescue blanket
- Headlamp (with power backup)
- Multi-purpose knife

Bike Protective Equipment

- Bike-Helmet
- Bike-Gloves
- Shin- and Elbow-Guard (highly recommended)

Clothes

- Trekking boots with slip-proofed sole
- Enough Bike-wear for 5 days
- Warm cap and gloves
- Pullover/Jacket (Fleece, Softshell, Wool)
- Hardshell (waterproof jacket and trousers)
- Private outfit

Accommodation

- Toiletry
- Earplugs
- Cash

Provisions

- Snack food

Extras

- Camera
- Binoculars
- Writing materials

* by experience we know the fun factor is higher, if your bike is equipped with disc brakes and suspension fork with 140mm

** Flatpedals increase your safety