

E-MTB Switzerland: Kit List

PERSONAL ESSENTIALS

Mountain bike specific helmet (current and fit for purpose)

Mountain bike specific shoes (must also be suitable for hike-a-bike sections)

Knee pads + elbow pads

Bike gloves x 3 pairs (long finger, not fingerless)

Biking glasses

Waterproof jacket and trousers of a mountaineering style

Padded cycling shorts/ trousers + overshorts (at least 3 pairs)

Long-sleeved base layers (merino wool ideal)

Short-sleeved and long-sleeved cycling tops

Light, long-sleeved fleece layer

Biking socks (at least 4 pairs), ideally quick-dry

Warm down jacket for evenings

Buff (neck gaitor)

Hat and gloves (wool or synthetic thermal material)

Sunscreen (SPF 30 or more, including one for lips)

Hydration system (Camelbak)

Re-usable drinks bottle

Dry bags to separate wet and dry gear

20 litre (minimum) daypack with rain cover (EVOG ideal)

Extra camera batteries and memory card



RENTAL BIKE ESSENTIALS

You must bring your own pedals for your rental E-MTB

RENTAL BIKE RECOMMENDATIONS

We recommend you bring your own saddle for your rental bike

**These items are noted as 'ESSENTIAL' for very good reasons!
For your own safety & comfort please bring them all.**