

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, biking glasses

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

Hand sanitiser and face covering

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

16-20 litre (minimum) daypack with rain cover (EVOOC ideal)

Extra camera batteries and memory card

OWN BIKE ESSENTIALS

Bike specific brake pads (x3 sets)

Bike specific rear mech (derailleur) hangers (x2)

Bottle of chain lube and multi tool

Tubeless tyres

Inner tubes (x4) or bottles of tubeless fluid (x2)

Chain specific 'quick link'

Dropper seat post

Tyres: Large nobs/tread suitable for aggressive, wet and rooty all-mountain trails. Double casing or extra sidewall protection.

Front mud guard (cow poo :-))

Professional service, including suspension must be undertaken prior to trip

If there are parts unique to your bike, please bring spare(s) of these

Battery charger

Batteries must be undamaged, in good health and capable of holding charge for a minimum of 5 hours

In order to minimise transfer of bio matter please ensure your bike is cleaned thoroughly before travelling to Switzerland

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.**