

## **PACKING LIST**

### *For one-week trip*

#### To have on the trip:

- Casual clothes (also for colder evenings)
- Jacket
- 2 casual pants
- 7 underpants (also for biking)
- 7 socks (also for biking)
- 1 pair of shoes
- Towel
- Cap or beanie
- 2 T-Shirts (or 1 x T-Shirt, 1 x long sleeve)
- Sweater or hoodie
- Wash bag
- If necessary – personal medicines
- Photo camera

#### To have on bike trips:

- Helmet is must have (please read our terms and conditions)
- Backpack 15-30l volume (if possible with protector) and with rain cover
- 2 pairs of bike shoes (Click or Flatpedal)
- Min. 2 bike short (as required with pad or without), we recommend also long pants
- Rain jacket
- Rain pant
- Wind stopper west
- Knee protection
- Elbow protection
- Long finger gloves
- Leg warmers / arm warmers
- Bike sunglasses (with clear lenses for change)
- Min. 3 x jerseys

#### To have on every day trip:

- Rear derailleur hanger
- 2 tubes
- Tube patches
- Rain pant
- Rain jacket
- Spare jersey
- Bike glasses
- Sun creme
- 2-3 l drink
- Sandwich
- Energy bars
- Headlamp, bike light

#### Spare parts and tools:

- Deraillieur hanger (must have)
- Brake pads (must have)
- Rear deraillieur (nice to have)
- Eventually the right length inner liner
- Eventually the right length outer liner
- Min 2 tubes
- Eventually 2-4 spokes
- Eventually 1 spare tire
- 1 chain (or chain )
- Eventually spare cleats for SPD
- Bike lock
- Mini tool
- Small pump

Some useful things:

- Dropper post (or at least QR for the seat post)
- Buff