

PACKLIST

MULTI-DAY TOUR BIKE

WHAT TO WEAR

✓	Gear	Weight (Average)
	Long sleeve jersey / arm warmers	x
	Pants / knee or leg warmers	x
	Windproof jacket / vest	x
	Gloves	x
	Helmet	x
	Bikeshoes	x
	Socks	x
	Sunglasses, ideally with photochromic lenses	x

ESSENTIAL

	Backpack	1150 g
	Extra long-sleeved jersey / arm warmers	70 g
	Extra pants / knee or leg warmers	80 g
	Windproof jacket / vest	150 g
	Waterproof jacket	250 g
	Waterproof pants	200 g
	Hat / headband / buff	50 g
	Long finger gloves	60 g
	Sunscreen	60 g
	Hydration bladder with at least 1l capacity (depending on tour)	1150 g
	Electrolyte and magnesium tabs (capsules)	150 g
	Energy gel, muesli, dried fruit, nuts, bars as required	150 g
	First Aid Kit M (incl. rescue blanket)	290 g
	Personal medication	100 g
	Headache pills	20 g
	Multi-tool	260 g
	Tools	
	• Spare tube	220 g
	• Pump	200 g
	• Patch kit	120 g
	• Brake pads	60 g
	• Spare screws	80 g
	• Zip ties	10 g
	• Lustre terminal (provisional for fixing derailleur cables)	20 g

Dear Outdoor Enthusiasts,

As a general rule for any trip remember to pack as light as possible – pack just what you need and leave the rest behind.

Experience is everything. To help you eliminate unnecessary weight and size, we have joined with professional mountain guides (German Mountain Guide Association) to produce this checklist. Please note that all weight specifications are approximate values. Often, the better the quality of the equipment the lighter it is.

Have a great adventure.

IMPORTANT:
Keep heavy things close to the body!



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	✓ Gear	Weight (Average)
<i>ESSENTIAL</i>	Tools (if not integrated in multi-tool):	
	• Tire tools	100 g
	• Chainring nut and bolt	10 g
	• Spoke spanner	30 g
	ID, cash, credit card, plastic bag	40 g
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	320 g
	Sleeping bag liner, if necessary	250 g
	Approximate weight "Essential" (incl. backpack)	5,65 kg
<i>RECOMMENDED</i>	Underpants	50 g
	Undershirt	100 g
	Extra socks / overshoes	100 g
	Light pants	300 g
	Hut shoes	180 g
	T-Shirt	120 g
	Detergent	70 g
	Oil, duct tape	100 g
	Pen	15 g
	Bicycle lights	20 g
	Approximate weight "Recommended"	1.1 kg
<i>WITHOUT MOUNTAIN GUIDE</i>	Guide book, maps	150 g
	Compass	80 g
	GPS device	220 g
	Headlamp	150 g
	Suspension pump	400 g
	Mobile phone with emergency numbers	115 g
	Bivouac sack	280 g
	Approximate weight "without bike guide"	1,3 kg
	Approximate (Overall Weight)	8,02 kg
<i>EXPERTENTIPP</i>	Butt cream	
<i>OPTIONAL</i>	Food (in case there is no hut offering meals on the track)	x
	Pullover / fleece	x
	Camera and camera bag	x
	Extra batteries (light, camera etc.)	x