

ADVENTURE HAS NO LIMITS. YOUR FREE TIME DOES.

Let local experts plan and book your dream adventures in the Alps.



Recommended Packing List for Bike Tours

All tours offered by Alpenventures UNGUIDED are self-guided, and we expect our customers to already have the experience and knowledge to appropriately pack for a safe experience in the Alps. This list is designed for our customers, who overnight primarily in hotels and other accommodations. Therefore, it does not include camping gear.

Food and Water:

- ☐ 1 cycling water bottle, and a 1-liter Platypus (or other container) for extra water carrying capacity
- ☐ Snacks (we recommend bread from the bakery, cheese, and sausage)

Navigation, Safety, and Repairs:

- ☐ Map
- ☐ Optional: GPS or navigation app for your smart phone – strongly recommended for mountain bike tours
- ☐ Helmet
- ☐ Sun protection (sun block, sun glasses)
- ☐ First aid kit
- ☐ Repair tool kit (this will be provided with rental bikes) – should include tire levers, hex keys, tube patching kit, replacement tube
- ☐ Tire pump
- ☐ Bike bell (required by law in some countries)
- ☐ Lighting for your bike, front and back (this will be provided with rental bikes, but we like to carry an additional headlamp just in case)
- ☐ Bike lock/s (this will be provided with rental bikes) – consider bringing an extra lighter weight lock for the panniers

Clothing

- ☐ Rain jacket
- ☐ Optional: rain pants (we pack these depending on the forecast)
- ☐ Optional: down jacket (for spring, fall, and winter tours)
- ☐ Lightweight jacket (depending on the season, it may be heavier)
- ☐ Warm hat
- ☐ Warm gloves
- ☐ Recommended: cycling gloves

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Clothing can be a very personal decision, but these are our recommendations.

- ☐ 2 pair of high quality bike shorts or chamois
- ☐ 1 pair running tights, or other pants, for colder mornings (pair these with your bike shorts or chamois)
- ☐ 2 pair short-sleeved breathable and wicking t-shirts (no cotton)
- ☐ 1 long-sleeved shirt
- ☐ 2 to 3 pair socks
- ☐ Underwear (we'll let you calculate out what you need, but most cyclists don't wear underwear while they are cycling, and in the evening, we recommend airing out)
- ☐ Extra set of clothing for evening wear
- ☐ Optional: Buff, or other tubular bandana, is one of our favorite trail essentials

Toiletries

- ☐ Small amount of laundry detergent for handwashing shorts, and other clothing items as desired
- ☐ Chamois cream or diaper cream
- ☐ Deodorant
- ☐ Tooth brush
- ☐ Tooth paste
- ☐ Optional: shampoo
- ☐ Optional: tissues
- ☐ Other essentials as desired

Other

- ☐ Pair panniers (these can be rented with a rental bike)
- ☐ Shoes for cycling that are sturdy and stiff (cycling-specific shoes are not recommend unless you already have them – rental bikes are only equipped with flat pedals)
- ☐ Optional: Bungee cord or clothes pins for attaching clothing on the bike during the day for drying
- ☐ Optional: lightweight bag for carrying valuables with you when leaving the bike unattended
- ☐ Optional: extra shoes for evening wear
- ☐ Optional: pair snap bands for securing your pants tighter around the ankle (recommended for use with non-cycling specific pants)
- ☐ Optional: power pack for charging electronics during the day