

Pro tips

KIT LIST

e-Alps has selected the items below because we feel they are ESSENTIALS for all-weather alpine adventure comfort! We recommend that you take them all with you.



Personal essentials

- Mountain bike specific helmet.
- Mountain bike specific shoes (can also work as hike shoes)
- Bike gloves and glasses
- Knee and elbow pads
- Waterproof jacket
- Biking shorts (at least 2 pairs)
- Long-sleeved base layers (merino wool ideal)
- Short-sleeved and long-sleeved biking tops.
- Socks (at least 4 pairs)
- Buff (neck gaitor)
- Warm down jacket for evenings
- Hat and gloves
- Sunscreen
- Hydration system (Camelback ideal)
- Daypack with rain cover.
- A swimsuit
- Your toiletry bag

Own bike essentials

- Bike specific brake pads (x2 sets)
- If you use tubeless tyres, everything you need for repairs.
- Tyre repair kit, inner tubes (min. 2) and small pump.
- Chain specific 'quick link'
- Additional derailleur hanger.
- If there are parts unique to your bike, please bring spare(s) of these.
- Full service, including suspension must be undertaken prior to trip.
- Extra battery for the bike.
- Battery charger.

*If you rent the e-bike with e-Alps, we take care of all the equipment.

Any questions? Contact us!

 Book a call with our team  +41 78 351 09 03  bookings@e-alps.com  www.e-alps.com