

# Equipment list

## Technical equipment

- properly functioning, modern mountainbike\*
- multitool
- 2 spare tubes
- tyre repair kit
- pump
- shock pump
- spare brake pads
- different spare parts (accord. to your needs)
- backpack for day trips
- hydration pack or bottle

## Emergency equipment

- bivi bag (for 2 people)
- first aid kit
- tape und alu rescue blanket
- headlamp (incl. spare batteries)
- pocket knife / Leatherman

## Protective gear

- helmet
- gloves
- knee and/or elbow pads

## Apparel

- shoes, also suitable for hiking
- functional bike wear
- hat and gloves (warm)
- sweater (fleece or wool)
- rain wear (jacket and pants)
- swim wear
- casual wear for the evenings
- casual shoes
- cap

## Overnight stay

- toilet products
- sleeping bag liner (not necessary when staying in a hotel)
- slippers
- earplugs
- ÖAV-ID
- cash

## Supplies

- drinking / thermos bottle
- additional supplies as you need (bars, nuts, ...)

## Other

- camera, charger

\* Bikes with disc brakes recommended as well as full suspension bikes with about 140 mm of travel