

Packing list hut tour

ETO2401 / Product Management / 28.5.24 / Kevin Suhr

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On the body

What	Description	Product	Individual	Per group
Helmet	Enduro helmet recommended that reaches the back of the neck	https://de.endurasport.com/mt500-helm/12928263.html https://www.pocsports.com/de/collections/mountain-biking-helmets/products/tectal?variant=41793258029208 MIPS increases safety	x	
Sunglasses	Photochromic lenses helpful on multi-day tours with changeable weather; protection category 3 or 2 to 4		X	
Functional shirt	Optionally as a base layer		X	
Bike shirt	Merino recommended		X	
Cycling shorts short / long	Thin, long pants protect you from the sun, ticks		X	
Padded trousers			X	
Gloves	Long-fingered gloves with Touc function		X	
Backpack	20l for experienced multi-day bikers, otherwise 30l is sufficient; well-fitting, yet narrow waist belt, good compression straps	https://www.evocsports.ch/EVOC-Sports/Explorer-Pro-30L-Fahrradrucksack/530023000800018000 https://www.deuter.com/ch-de/shop/rucksacke/p1403928-fahrradrucksack-trans-alpine-28-sl Multifunctional backpack: https://www.exped.com/de/produkte/rucksaecke/mountain-pro-20	X	

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Bike shoes	With or without click; profile recommended for running passages		x	
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In the backpack/on the bike

Spare bike clothing

What	Description	Product	Individual	Per group
Rain jacket	With ventilation, lightweight, breathable, also as a windbreaker, long cut at the back protects against splashing water		X	
Second jersey	Merino recommended, can also be worn in the evening at the hut		X	
Possibly 2nd pair of padded trousers			X	
Long sleeve jersey	Merino recommended, can also be worn in the evening at the hut		X	
Possibly rain pants			X	
(Possibly cycling overshoes / waterproof socks)	Depending on the weather forecast		X	
Cap/headband			X	
Warming jacket	Down jacket, fiber fur, etc.		X	
Plastic bag	To pack clothing rainproof		X	
Paper handkerchiefs			x	x

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Spare material / tools

It's tempting to share mini tools, pumps and similar items among the group. However, everyone should carry the basic items themselves. You never know whether the person with the puncture repair kit will have been riding ahead for a long time on a descent.

What	Description	Product	Individual	Per group
1 Mini Tool	With the necessary Allen, Torx and cross bits; chain renters Ensure that the tool can also be used		x	(x)
2 pairs of suitable replacement brake pads	Ensure that the pads can be fitted		x	(x)
1 Suitable replacement derailleur hanger			x	(x)
1 suitable replacement hose	French valve fits every rim; a 650B/27.5" tube also fits 26" and 29" bikes, 1 tube per person, possibly +1 spare tube		X	(x)
? Salami, fork, thorn	Sealing milk still fresh?		X	
Replacement chain link			x	(x)
Mini pump	Ensure that it fits the valve		x	(x)
Tire lever	Plastic tire levers are recommended		x	(x)
Duct tape and 1m wire	You can use it to mend anything. Duct tape can be wrapped around a wine cork to save space.			x
Some chain oil	Mini bottle from the dealer or Enduro trick 77: Wash out the soy bottle from the sushi restaurant and fill it with oil: It doesn't get any smaller than this			X
1x additional hose				X

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Emergency equipment

It is certainly possible to share individual items (tick tweezers, blister plasters, rescue blanket) that are not immediately necessary within the group. On the other hand, it is not difficult to carry them.

What	Description	Product	Individual	Per group
Plasters, blister plasters, steri-strips			X	
Sterile bandages, gas bandage, elastic bandage			X	
Painkillers	Also for headaches due to the height; aspirin and other medications containing acetylsalicylic acid are taboo because they reduce blood clotting, which can be dangerous in the event of a fall)		X	
Disinfectant / wound ointment			x	(x)
Splinter tweezers				X
? Stomach tablets				X
Rescue blanket	Protects casualties from cooling down until they are picked up			X
? cooling gel for insect bites				X
Blister plaster				x
Tick tweezers				X
GPS Beacon	If you are traveling alone in difficult terrain, a device that enables others to locate you is helpful. Some helmets and cell phones already have such a function integrated.			x
Sam Splint	Universal splint for fixing fractures; 1x per group is sufficient			x

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Catering

You need to weigh up how to plan the tour. Are you planning to have lunch in a restaurant? Then you will need to carry less food with you.

What	Description	Product	Individual	Per group
Snacks	Bars, bread, cheese, etc. / do you have to provide for all 3 days or can you fill up in the hut?		X	
Energy bar / dextrose	For emergencies		X	
Water bottle / hydration bladder	≥1l		x	

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Further information

What	Description	Product	Individual	Per group
Money, EC card			X	
ID cards, Swisspass			X	
? SAC / REGA card			X	
Paper card	As a backup in case the cell phone/GPS device has no battery/no reception	The Swiss map can be printed very easily at map.geo.admin.ch		x
? GPS device/bicycle computer with GPS track + spare batteries	Ensure that the batteries are charged; ensure that the map and track are charged			X
Cell phone	Map		X	
? Camera			x	x
Chargers	Cell phone, camera, GPS device		x	x
? Bicycle lighting	For emergencies, in case it takes longer. Rear light recommended, a headlamp also helps at the front		x	
Sun cream	At least SPF30, small tube			

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In the hut

Clothing

What	Description	Product	Individual	Per group
Fresh clothing for the evening	Reduce to a minimum; make sure that spare underwear can also be worn in the evening during the day		x	
Sleepwear	Reduce to a minimum		X	
Personal wash kit	Reduce to a minimum		X	
Toothbrush / toothpaste			X	
Personal medication			X	
Microfiber towel	If necessary; clarify with hut		x	