



COMPAGNIE DES GUIDES DE CHAMONIX

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Equipment list – Ebike trips SUMMER 2019

BACK-PACK

- Recommended size for a day Ride = 20 L/25 L max (keep some space for the picnic)

Bad weather precaution: pack covers are great to protect from rain. We also recommend packing your belongings in a large and solid plastic bag for a better protection in case of heavy rainfall.

CLOTHING

Avoid using cotton underwear. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer; they dry fast, and allow you to pack light.

FOR YOURSELF

NB : ID card or valid passport + small change for personal expenses.

1 Emountain bike full suspension with good autonomy	1 Goretex jacket (waterproof windbreaker)
1 travel bag for the refuge/hotel	1 light down jacket (or a second fleece)
1 bike helmet Compulsory (+ Knee protection recommended)	1 bike shorts + long-legs
2 bike bottle or camelbak	Bike shoes + outdoor shoes
1 knife + 1 pocket light or head-lamp	2 pairs of bike gloves (long and short ones) Compulsory
1 warm hat/head band and a pair of warm gloves	1 swimsuit
1 sun hat or ball cap, sunscreen, sun glasses	Comfortable clothes for the refuge / hotel
Changes of clothes: (T-shirt, underwear and socks): prefer synthetic/wool to cotton	1 one person sleep sheet (silk is the most comfortable and remains the lightest)
1 long-sleeve shirt	Ultralight shower kit (feel free to customize ...) + synthetic « dry fast » towel
1 polar fleece	Personal first aid kit**

FOR THE BIKE

- ✓ Battery charger adapted + special key for the battery (locking / unlocking process)
- ✓ 1 bike lock
- ✓ 2 inner tubes
- ✓ Box of patches + glue
- ✓ 1 bike pump
- ✓ 1 Lubricant can
- ✓ Personal Specific tools depending on your EBIKE

Recommended :

- ✓ 1 extra “brake pad”
- ✓ Derailleur cables (front and back ones)
- ✓ 1 spare derailleur clip (unless your derailleur is directly fixed on the frame)

Your guide also carries a complete first aid kit, an emergency radio, a repairing kit, and navigating equipment.

Remember that packing light is essential.

****** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat...) Don't forget to bring your personal prescription treatment if you have one.