

Packing List

"I'm going on a cycling trip and I'm taking ..." We have compiled a list for you of what to look out for and what you should pack if you are planning a trip on the Inn Cycle Path.

Bicycle with Equipment

- Panniers
- Handlebar bag with map holder
- Saddle bag
- Bicycle lock
- Drinking bottles
- Bicycle tube
- Tyre lever
- Air pump
- multitool
- Chain oil / chain spray
- Heart rate monitor
- Dextrose (energy bar)

Clothing

- shorts
- long trousers
- cycling shorts
- long cycling shorts
- rain trousers
- rain jacket or windbreaker
- jumper
- cycling jersey
- T-shirt
- Functional underwear
- Shoes suitable for cycling (waterproof)
- Second pair of shoes
- socks
- cycling gloves
- underwear
- Swimwear + towel
- bicycle helmet
- Sports glasses + sunglasses
- Sleeves/leg warmers
- Buff
- Cap/Hat

Toiletries

- Toothbrush
- Toothpaste
- Washing utensils (shower gel, shampoo, body lotion, ...)
- Sun cream
- After sun lotion
- Disposable razor + shaving gel
- Brush/comb
- deodorant
- hygiene products
- Handkerchiefs
- travel detergent
- first-aid kit (bandage box, throat lozenges, cooling gel, band-aids, aspirin, tweezers, individual medicines, ...)
- Mosquito spray

Navigation

- travel guide
- GPS device incl. GPS track
- Batteries for the GPS device
- Charger

Cash - Finances

- Cash
- Neck pouch
- EC card (debit card)
- Credit card

Papers

- ID card / passport
- Train pass
- Credit card / ec-card
- mobile phone
- Telephone numbers and addresses of your accommodations