



# Packing list for the weekend

Everything at a glance

**In addition to your toothbrush, underwear, and other essentials, your travel bag should also contain the right functional clothing. We've compiled the most important items for you:**

- ✓ Arm warmers
- ✓ Wind jacket or vest (the latter in good weather)
- ✓ Gloves

Please don't underestimate the temperatures at over 2500 meters. Riding down the Umbrail Pass without a windbreaker is painful, even in good weather. Gloves are a must to keep your fingers from getting stiff from the cold and to ensure you can enjoy the descent safely and brake-ready. Your jacket, arm warmers, and gloves fit easily into the back pockets of your jersey.

For bad weather forecasts:

- ✓ Rain jacket >> Caution: It's worth paying attention to the quality and water proof rating! Rain at 2757m is painfully cold.
- ✓ Neoprene gloves
- ✓ Overshoes
- ✓ Leg warmers or knee warmers

And of course, don't forget the basics like cycling shorts and a jersey. The best cycling jersey to wear is the Dreiländergiro jersey from last year. You should also bring two water bottles to ensure you have enough fluids and isotonic drinks between aid stations.

