

Was ist wo?

Am Körper:		<input type="checkbox"/> MTB Shorts, Gonso, <input type="checkbox"/> Radinnenhose, Gonso Sitivo M (grün) <input type="checkbox"/> Funktionsunterhemd <input type="checkbox"/> Kurzarmtrikot, Gonso <input type="checkbox"/> lange Radhandschuhe, Röckl <input type="checkbox"/> Radsocken <input type="checkbox"/> MTB-Helm, Fox Speedframe <input type="checkbox"/> Bikeschuhe, Five Ten Access <input type="checkbox"/> Smartphone, Komoot App mit gpx-Dateien zur Tour <input type="checkbox"/> Deuter Transalpine 30 <input type="checkbox"/> iShoxs Brustgurt f. Gopro <input type="checkbox"/> Gopro Hero 7 <input type="checkbox"/> Pulsgurt Garmin
Am Bike:		<input type="checkbox"/> Garmin Edge 830 mit gpx-Dateien zur Tour <input type="checkbox"/> „Granite“-Gurt <ul style="list-style-type: none"> <input type="checkbox"/> <i>Ersatzschlauch</i> <input type="checkbox"/> <i>Reifenheber</i> <input type="checkbox"/> Trinkflasche, 0,75l <input type="checkbox"/> iShoxs „Shark“ Universalhalter f. Gopro <input type="checkbox"/> Fahrradschloss <input type="checkbox"/> Satteltasche: <ul style="list-style-type: none"> <input type="checkbox"/> <i>Ersatzschlauch</i> <input type="checkbox"/> <i>Flickzeug</i> <input type="checkbox"/> <i>Einmalhandschuhe</i> <input type="checkbox"/> <i>Ersatzschaltauge</i>
Rucksack	Kleines unteres Fach:	<input type="checkbox"/> Verbandskasten: <ul style="list-style-type: none"> <input type="checkbox"/> <i>Kühlgel f. Insektenstiche</i> <input type="checkbox"/> <i>Muskel-/Gelenk-Gel,</i> <input type="checkbox"/> <i>Aspirin / Schmerztabletten</i> <input type="checkbox"/> <i>Zinksalbe</i> <input type="checkbox"/> <i>Arnica Globuli</i> <input type="checkbox"/> <i>Notfalltropfen</i> <input type="checkbox"/> <i>Wundpflaster</i> <input type="checkbox"/> Carbo-Gels und/oder Riegel <input type="checkbox"/> <i>Sonnencreme</i>
Rucksack	Seitenfächer	<input type="checkbox"/> Trinkflasche, 0,75l <input type="checkbox"/> iShoxs Shark Universalhalter
Rucksack	Kartenfach	<input type="checkbox"/> Lektüre zur Tour

Rucksack	Großes unteres Fach:	<input type="checkbox"/> Vaude Regenjacke <input type="checkbox"/> Vaude lange Regenhose, <input type="checkbox"/> Regenschutz, Helm <input type="checkbox"/> Regenschutz, Schuhe <input type="checkbox"/> Doppelstecker <input type="checkbox"/> Multitool, Topeak Alien <input type="checkbox"/> Vaude Windweste, <input type="checkbox"/> Rose Windjacke, <input type="checkbox"/> Beinlinge, <input type="checkbox"/> Armlinge, <input type="checkbox"/> Ladegerät für eMTB <input type="checkbox"/> Warnweste <input type="checkbox"/> Kameratasche: <ul style="list-style-type: none"> <input type="checkbox"/> <i>USB-Ladegerät 2-fach</i> <input type="checkbox"/> <i>Ladekabel Iphone</i> <input type="checkbox"/> <i>Ersatzakku für Gopro,</i> <input type="checkbox"/> <i>2x Ladekabel Micro USB (Gopro + Garmin)</i> <input type="checkbox"/> <i>Ersatzknopfzelle für Pulsgurt</i> <input type="checkbox"/> <i>Micro SD-Karte f. Gopro</i>
Rucksack	Vorderes Fach	<input type="checkbox"/> FFP2-Maske <input type="checkbox"/> Beleuchtung <input type="checkbox"/> AirPods Innenfach: <ul style="list-style-type: none"> <input type="checkbox"/> Geldbeutel Ausweis, EC-Karte/Kreditkarte, Bargeld <input type="checkbox"/> Schlüssel

Rucksack	Hauptfach	<input type="checkbox"/> 1x Funktionsunterhemd <input type="checkbox"/> 1x Radsocken <input type="checkbox"/> 1x Kurzarmtrikot, Gonso <input type="checkbox"/> 1x Gore Phantom Jacke, <input type="checkbox"/> 1x Treckinghose, <input type="checkbox"/> 2x T-Shirts, (je nach Tourlänge mehr) <input type="checkbox"/> 1x Schlaf-T-Shirt, <input type="checkbox"/> Unterwäsche <input type="checkbox"/> Socken <input type="checkbox"/> Badeschlappen <input type="checkbox"/> Sporthandtuch, <input type="checkbox"/> Badehose <input type="checkbox"/> Sonnenbrille <input type="checkbox"/> Tripod, <input type="checkbox"/> Dämpferpumpe, <input type="checkbox"/> Waschbeutel <ul style="list-style-type: none"> <input type="checkbox"/> <i>Lippenpflegestift</i> <input type="checkbox"/> <i>Mittel gegen Lippenbläschen</i> <input type="checkbox"/> <i>Augentropfen</i> <input type="checkbox"/> <i>Gesäßcreme,</i> <input type="checkbox"/> <i>Zahnbürste,</i> <input type="checkbox"/> <i>Zahnpasta,</i> <input type="checkbox"/> <i>Duschgel,</i> <input type="checkbox"/> <i>Shampoo,</i> <input type="checkbox"/> <i>Kamm</i> <input type="checkbox"/> <i>Haargel etc.</i> <input type="checkbox"/> <i>EdT</i> <input type="checkbox"/> <i>Zahnseide</i> <input type="checkbox"/> <i>Deoroller</i> <input type="checkbox"/> <i>Flüssigwaschmittel (Rei in der Tube)</i> <input type="checkbox"/> kleine Packtasche (Zweirad Gürtner): <ul style="list-style-type: none"> <input type="checkbox"/> <i>Miniluftpumpe,</i> <input type="checkbox"/> <i>Ersatz-Bremsbeläge</i> <input type="checkbox"/> <i>Kettenöl</i> <input type="checkbox"/> <i>Klettbänder, Klebeband</i> <input type="checkbox"/> <i>Tempo</i> <input type="checkbox"/> <i>Leatherman</i> <input type="checkbox"/> <i>Magnesiumcitrat-Pulver</i> <input type="checkbox"/> <i>Tubeless Rep.-Kit</i> <input type="checkbox"/> <i>Quicklink (Kettenglied)</i>
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