



MANDATORY EQUIPMENT

To ensure rider safety during long-duration climbing and descending on the Dobratsch course, all participants must carry the following mandatory equipment at all times.

Mandatory equipment must be carried in a dedicated **safety bag** (or equivalent storage) and must be available for use at any moment.

Items do not need to be worn at all times but must be accessible if conditions require.

Mandatory Equipment

- Certified cycling helmet (must be worn at all times)
- Front white light
- Rear red light
- Windproof or waterproof jacket
- Thermal layer (long sleeve jersey / gilet / arm warmers)
- Gloves (weather appropriate)
- Mobile phone (fully charged)
- ID document
- Minimum hydration capacity (at least one bottle)

Mandatory Night Equipment

When riding in low-light or night conditions, the following equipment is mandatory:

- Front white light (must be switched on)
- Rear red light (must be switched on)
- Reflective elements (clothing or bike)

Lights must remain **active during all night riding**, even on closed roads, to ensure rider visibility and safety.

Bike Requirements

- Bicycle in safe working condition
- Two fully functional brakes
- Tires in good condition suitable for long descents
- Bar end plugs installed

The organization reserves the right to perform visual bike safety checks before the start of the event.

Mechanical & Food Support

Mechanical assistance and food stations will be available along the course.



Participants remain responsible for managing their own equipment and nutrition strategy. Additional details regarding support stations and services will be communicated prior to the event.

Notes

- Weather conditions on the Dobratsch can change rapidly
- Temperatures at the top may be significantly lower than at the start
- Equipment checks may be performed before or during the event

RECOMMENDED GEAR RATIO & TYRES

Recommended gearing

- A lowest gear of around **1:1 or easier** is strongly recommended
- Typical suitable setups include:
 - 50/34 with 11–34
 - 48/32 with 11–34
 - 46/30 with 11–34 or 11–36
- Harder setups may significantly increase fatigue over repeated ascents
- Riders should prioritize cadence and sustainable effort

Recommended tyres

- **28 mm** recommended as standard choice
- **30 mm** recommended where frame clearance allows
- Durable road tyres with good grip preferred over ultra-light race tyres
- Wider tyres improve comfort and control on repeated descents
- Tyre pressure should be adapted to rider weight and conditions

Recommended Equipment

The following equipment is not mandatory but strongly recommended for comfort, reliability and safety on a long mountain course with repeated climbing and descending.

Bike & setup

- Bike computer or GPS device
- Heart rate monitor or power meter (optional)
- Extra bottle cage if possible
- Compact saddle bag

Clothing

- Gilet or packable thermal layer
- Arm warmers or leg warmers
- Lightweight rain jacket
- Extra gloves for descents
- Base layer for temperature changes

Safety & comfort

- Clear or low-light lenses



- Sunscreen
- Chamois cream
- Power bank
- Spare lights (optional)

Mechanical & reliability

- Small repair kit
- Spare tube or tubeless repair (optional)
- Recently checked braking system
- Brake pads in good condition for repeated descents

And most importantly

Bring patience.

Bring consistency.

Bring respect for the climb.

The most important thing you can carry is the belief that you belong here, one ascent at a time.