

## **Bicycle Touring Gear**

### **Checklist**



| <b><i>Bike Gear</i></b> | <b>✓ (or NN)</b> |
|-------------------------|------------------|
| Rear Panniers           |                  |
| Front Panniers          |                  |
| Rack Trunk              |                  |
| Handlebar Bag           |                  |
| Headlight               |                  |
| Tail Lamp               |                  |
| Helmet Light & Mount    |                  |
| Light Chargers          |                  |
| Water Bottles           |                  |
| Lock                    |                  |
| Mirror                  |                  |
|                         |                  |
|                         |                  |

| <b><i>Bike Maintenance &amp; Supplies</i></b> | <b>✓ (or NN)</b> |
|-----------------------------------------------|------------------|
| Multi-Tool                                    |                  |
| Tubes                                         |                  |
| Patch Kit                                     |                  |
| Tire Levers                                   |                  |
| Pump or CO2 Cartridges                        |                  |
| Presta Valve Adapter                          |                  |
| Chain Link                                    |                  |
| Brake Cable                                   |                  |
| Brake Pads                                    |                  |
| Chain Lube                                    |                  |
| Latex Gloves                                  |                  |
| Spare Screws                                  |                  |
| Q-Tips                                        |                  |
| Tooth Picks                                   |                  |
| Duct Tape                                     |                  |
| Cable Ties                                    |                  |
| Bungee Cords                                  |                  |
| Rags                                          |                  |
| SPD Cleats AND Covers                         |                  |
| Allen Wrenches (5/6 mm)                       |                  |
| Open End Wrench (8/10mm)                      |                  |
| 15mm Wrench (for solid axle bikes)            |                  |
| Rear Derailleur & Hanger                      |                  |
|                                               |                  |

| <b><i>Camping Gear - Sleeping</i></b> | <b>✓ (or NN)</b> |
|---------------------------------------|------------------|
| Tent                                  |                  |
| Ground Cloth                          |                  |
| Sleeping Bag                          |                  |
| Sleeping Pad                          |                  |
| Inflatable Pillow                     |                  |
| Sleeping Pad Repair Kit               |                  |
| Sleeping Pad Pump                     |                  |
| Pad/Tent Repair Glue (e.g. Shoo Goo)  |                  |
| Tent Stake Hammer                     |                  |
|                                       |                  |

| <b><i>Camping Gear - General</i></b> | <b>✓ (or NN)</b> |
|--------------------------------------|------------------|
| Matches and/or Lighter               |                  |
| Fire Starter Sticks                  |                  |
| Fire Starter Pocket Bellows          |                  |
| Lantern                              |                  |
| Lantern Hanger                       |                  |
| Headlamp                             |                  |
| Storage Dry Bags                     |                  |
| Towels                               |                  |
|                                      |                  |

| <b><i>Camping Gear - Cooking</i></b> | <b>✓ (or NN)</b> |
|--------------------------------------|------------------|
| Cook Set                             |                  |
| Stove/Burner                         |                  |
| Fuel Cannister (about 1oz/day)       |                  |
| Utensils                             |                  |
| Mug/Cup                              |                  |
| Water Cannisters/Flasks              |                  |
| Cutting Sheet                        |                  |
| Knife                                |                  |
| Rope/Cord (for Hanging Food)         |                  |
| Plastic Bags (for Trash/Recycling)   |                  |
| Paper Towels/Napkins                 |                  |
| Dish Soap                            |                  |
|                                      |                  |
|                                      |                  |

✓ = Packed

NN = Not Needed



## Bicycle Touring Gear

### Checklist

| <b>Clothing</b>           | <b>✓ (or NN)</b> |
|---------------------------|------------------|
| Helmet                    |                  |
| Helmet Liner              |                  |
| Cycling Shoes             |                  |
| Underwear                 |                  |
| Socks                     |                  |
| Jerseys                   |                  |
| Fleece Pullover or Jacket |                  |
| Cycling Shorts            |                  |
| Cycling Pants             |                  |
| Rain Jacket               |                  |
| Gloves                    |                  |
| Convertible Street Pants  |                  |
| Street Shirt              |                  |
| Street Shoes/Sandals      |                  |
| Dirty Laundry Bag         |                  |
|                           |                  |

| <b>Hygiene &amp; First Aid</b>  | <b>✓ (or NN)</b> |
|---------------------------------|------------------|
| Toothbrush                      |                  |
| Tooth Paste                     |                  |
| Soap                            |                  |
| Shampoo                         |                  |
| Deodorant                       |                  |
| Pain Medicine                   |                  |
| Allergy Medicine                |                  |
| Personal Prescription Meds      |                  |
| Antiseptic Wipes                |                  |
| Bandages                        |                  |
| Sunscreen                       |                  |
| Insect Repellent                |                  |
| Ear Plugs                       |                  |
| Sunglasses                      |                  |
| Reading or Prescription Glasses |                  |
| Contact Lenses & Solution       |                  |
| Hearing Aid & Batteries         |                  |
| Oral Retainer                   |                  |
| Laundry Soap                    |                  |
| Dog Repellent/Pepper Spray      |                  |
|                                 |                  |

| <b>General Supplies</b>     | <b>✓ (or NN)</b> |
|-----------------------------|------------------|
| Mobile Phone                |                  |
| Device Chargers & Cords     |                  |
| Backup Battery              |                  |
| AA & AAA Batteries          |                  |
| Camera & Case               |                  |
| Earbuds                     |                  |
| Maps                        |                  |
| Travel Guides               |                  |
| Language Dictionaries       |                  |
| Passport                    |                  |
| Driver's License            |                  |
| Emergency Phone Number List |                  |
| Vaccination Documentation   |                  |
| Cash                        |                  |
| Credit Card                 |                  |
| Rubber Bands                |                  |
| Zip Lock Bags               |                  |
| Pen & Paper/Pad             |                  |
| Wet Wipes                   |                  |
|                             |                  |

| <b>Food</b>                      | <b>✓ (or NN)</b> |
|----------------------------------|------------------|
| Coffee/Tea                       |                  |
| Creamer                          |                  |
| Cooking Oil                      |                  |
| Salt/Pepper Shakers              |                  |
| Dried Foods                      |                  |
| Rice and/or Noodles              |                  |
| Couscous                         |                  |
| Mushrooms/Vegetables             |                  |
| Other:                           |                  |
| Other:                           |                  |
| Snack Bars                       |                  |
| Trail Mix                        |                  |
| Oatmeal/Grits                    |                  |
| Sports Drink Mix                 |                  |
| Box Wine - Small Size            |                  |
| Whiskey/Brandy in Plastic Bottle |                  |
|                                  |                  |

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NN = Not Needed