



Bicycle Touring Gear

Checklist

Bike Gear	✓ (or NN)
Rear Panniers	
Front Panniers	
Rack Trunk	
Handlebar Bag	
Headlight	
Tail Lamp	
Helmet Light & Mount	
Light Chargers	
Water Bottles	
Lock	
Mirror	

Bike Maintenance & Supplies	✓ (or NN)
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)	
Rear Derailleur & Hanger	

Camping Gear - Sleeping	✓ (or NN)
Tent	
Ground Cloth	
Sleeping Bag	
Sleeping Pad	
Inflatable Pillow	
Sleeping Pad Repair Kit	

Camping Gear - General	✓ (or NN)
Matches and/or Lighter	
Fire Starter Sticks	
Lantern	
Headlamp	
Storage Dry Bags	
Towel	

Camping Gear - Cooking	✓ (or NN)
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



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Checklist

<i>Clothing</i>	✓ (or NN)
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	

<i>Hygiene & First Aid</i>	✓ (or NN)
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	
Laundry Soap	
Dog Repellent/Pepper Spray	

<i>General Supplies</i>	✓ (or NN)
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	

<i>Food</i>	✓ (or NN)
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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