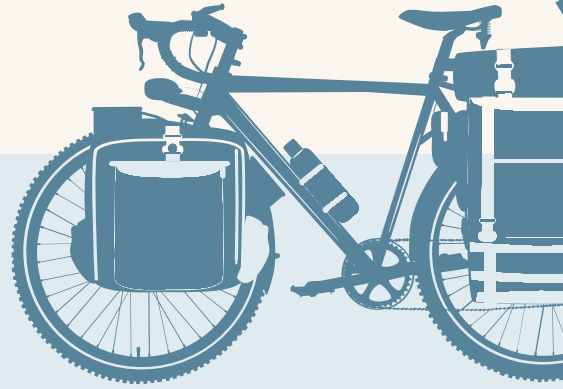# BIKE TOURING
Check List

Bike Gear

- bicycle
- panniers and/or packs
- helmet
- water bottles
- front and tail-light
- optional: fenders, kickstand, mirror, bell, lock, phone holder, hub dynamo)

Off-Bike Clothes

- hiking/walking trousers
- hiking sandals
- 1 pair of warm socks
- 3 pairs of underwear
- 2 normal cotton shirts
- 2 pairs of running/football shorts
- cycling sunglasses
- 2 merino base layers (1 sleeveless or short sleeve/1 long sleeve)
- (optional: warm coat, wool hat)

Bike Clothes

- rain jacket
- poncho or rain pants
- overshoes
- Goretex shoes/SPD shoes
- 2 short sleeves cycling jerseys
- 2 pairs of padded cycling shorts
- hardshell jacket
- softshell jacket
- 2 pairs of cycling socks
- optional: arm and leg warmers, gloves
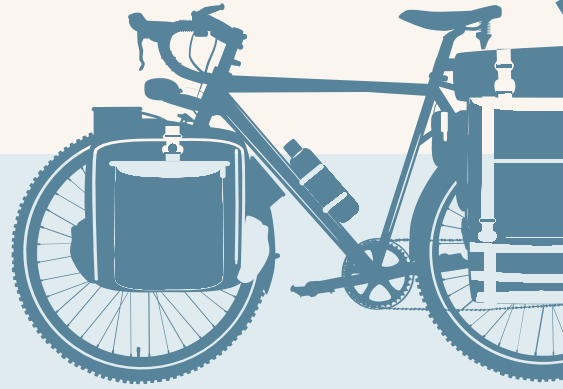
Camping Stuff

- tent or bivvy
- sleeping bag
- sleeping pad
- optional: tarp, hammock, pillow

Tip!
bring a clothes compression bag and use it as a pillow!

BIKE TOURING
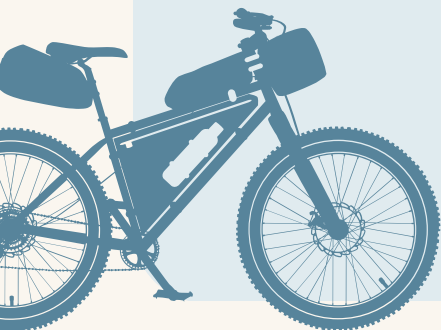## Check List

Bike Repair Tools:

- tire levers and patch kit
- allen key multi-tool
- chain link
- spoke wrench
- chain tool
- screwdriver
- lubricant
- spanner
- zip ties
- pliers
- duct tape
- sewing kit
- hard toothbrush + piece of cloth
- cone spanner
- cable cutter
- spokes
- tube
- brake pads
- bolts and nuts

Cooking Gear

- knife
- stove
- fuel
- lighter
- mug
- pot set
- spork
- headlamp
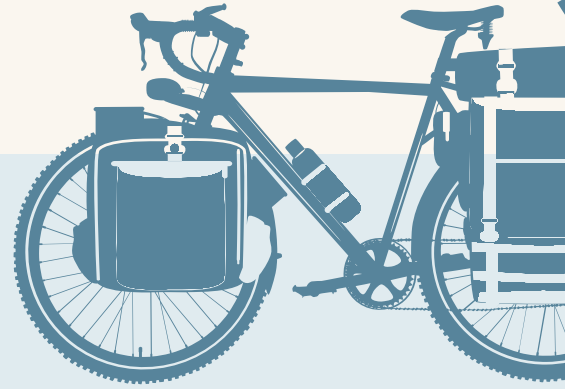- spices
- (optional: water filter)

Electronics

- GPS and/or smartphone
- power bank
- camera/action-cam
- (optional: laptop, ebook reader, headphones)

BIKE TOURING
Check List

Toiletries

- [ ] soap
- [ ] shampoo
- [ ] toothpaste
- [ ] toothbrush
- [ ] towel
- [ ] sunscreen
- [ ] deodorant
- [ ] wet wipes & toilet paper
- [ ] (optional: mosquito repellent, lip balm, razor, sanitary pads)

First Aid & Meds

- [ ] blister pads
- [ ] bandages
- [ ] disinfectant
- [ ] pain-killers
- [ ] (optional: diarrhea pills, generic antibiotic, antihistaminic)
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Extra Stuff

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Documents

- [ ] passport
- [ ] ID card
- [ ] bank card
- [ ] (optional: med. ID for allergies, vaccine certificate)