

BICYCLE TOURING PACKING LIST



BIKE

Touring bike



WAY TO CARRY GEAR

Waterproof panniers or
trailer
Handle bar bag
Front and back rack
Rackbag or 59L dry bag (for
extra storage)



COOKING EQUIPMENT

Stove
Lighter or matches
Pot(s)
Lid
Pot grabber
Utensils
Plates
Sharp knife
Dish towel
Dishsoap
Sponge / scrubber



FOOD

Meals
Snacks
Drink powders
Soup powders
Spices



RAIN GEAR

Rain jacket
Rain pants
Shoe covers



CYCLING CLOTHING

Short sleeve cycling shirt
Cycling shorts
Cycling gloves
Socks



OFF THE BIKE CLOTHES

Casual tops
Casual bottoms
Swimwear
Underwear



WATER STORAGE

Waterbottle or Camelback
Watersack
Water bottle cages (x2)
Steripen or filter



ADDITIONAL COLD WEATHER CLOTHING

Arm warmers
Leg warmers
Base layer
Gloves
Down jacket
Fleece
Leggings
Polar buff



ACCESSORIES

Beanie
Buff
Sunglasses
Hat



SHOES

Hiking shoes or cycling
Shoes
Hiking sandals



TOOLS + SPARES

Tire levers (x2)
Intertube patch kit
Air pump
Bicycle multi tool
Chain lube
Rag
Bike Tubes (x2)
Pannier patches
Air mattress patches
Spokes
Spoke wrench
Spare rack screws
Spare brake cables
Brake pads
Chain tool and spare links
Cassette removal tool
Duct tape
Zip ties



SAFETY GEAR

Mirror
Lights
Lock
Interlock
Helmet



FIRST AID KIT

Band aids
First aid tape
First aid ointment
Compresses
Ibuprophen

PHOTOGRAPHY

- Camera
- Camera case
- Extra lenses
- Extra SD cards
- Extra camera battery
- Cables and chargers

OPTIONAL + LUXURY ITEMS

- Small day pack
- Compressible pillow
- Watch
- Tripod
- Computer, case, and charger
- Hard drive
- Cell phone
- MP3 player
- GPS
- E-reader
- Book
- Business cards

TOILETRIES

- Shampoo
- Bar soap
- Towel
- Deodorant
- Hair brush or comb
- Toothbrush
- Toothpaste
- Tweezers
- Nail clippers
- Razors
- Toilet paper
- Ear plugs and eye mask

OTHER

- Sunblock
- Headtorch
- Ziplock bags
- Wallet
- ATM cards
- Plane, train, or bus tickets
- Passport / ID
- Insurance card
- Photocopies of important docs
- Maps
- Notebook and pen
- Bike computer
- Bungie cords