

# BIKE TOURING PACKING CHECKLIST



## CYCLING SUPPLIES

- ☐ Helmet
- ☐ Cycling Shoes
- ☐ Spare Pair of Shoes (Boots/Joggers)
- ☐ Spare Clipless Pedals
- ☐ Chain Lube
- ☐ Spare Chain
- ☐ Multi Tool
- ☐ Spare Tire Tubes
- ☐ Tire Patch Kit
- ☐ Portable Pump
- ☐ Spare Break Pads

## CLOTHING

- ☐ 2-3 Spare Biking Outfits
- ☐ Loose Fitting Long Sleeve Shirt
- ☐ Waterproof Outfit
- ☐ Rain Poncho
- ☐ 2-3 Pairs of Cycling Socks
- ☐ Thermals Per Weather
- ☐ Breathable Clothing

## CAMPING

- ☐ Cooking Stove
- ☐ Tent
- ☐ Waterproof Tarps x 2
- ☐ Sleeping Roll
- ☐ Fire Starter
- ☐ Hammock

## SLEEPING SUPPLIES

- ☐ Sleeping Bag
- ☐ 1-2 Spare Blankets
- ☐ Pillow
- ☐ Feet Warmers

## COOKING SUPPLIES

- ☐ Cooking Pots
- ☐ Collapsible Frying Pan
- ☐ Collapsible Water Pot
- ☐ Bowl/Knife/Utensils
- ☐ Swiss Knife

## FOOD & DRINK

- ☐ Protein Bars
- ☐ Jerky
- ☐ Dried Fruits & Nuts
- ☐ Canned Meat
- ☐ Powdered Milk
- ☐ Dried Noodles
- ☐ Water Purify Tablets or Purifier
- ☐ Electrolytes

## EMERGENCY KIT

- ☐ Bandages
- ☐ Ace Bandages
- ☐ Alcohol or Hydrogen Peroxide
- ☐ Butterfly Clips
- ☐ Bug Repellent
- ☐ Maps & GPS