

Cycling Checklist

BIKE TOURING BAGS

- ☐ Back panniers x 2
- ☐ Frame bag
- ☐ Tope tube bag
- ☐ Handlebar bag
- ☐ Stem bags x 2
- ☐ Saddle bag
- ☐ Front panniers x 2 (optional)
- ☐

SLEEPING EQUIPMENT

- ☐ Tent, guy lines, pegs/stakes
- ☐ Sleeping bag or quilt
- ☐ Sleeping bag liner
- ☐ Sleeping pad
- ☐ Dry bag to store sleeping bag
- ☐ Pillow
- ☐ Tent footprint / groundsheet
- ☐

COOKING EQUIPMENT AND FOOD

- ☐ Stove
- ☐ Fuel
- ☐ Lighter and stove stand
- ☐ Cookset (pot, pan, kettle)
- ☐ Mess kit / plate and bowl
- ☐ Mug
- ☐ Knife
- ☐ Personal cutlery
- ☐ Cooking utensils
- ☐ Chopping board
- ☐ Salt and pepper
- ☐ Herbs and spices
- ☐ Bottle of cooking oil
- ☐ Tea and coffee
- ☐ Electrolytes
- ☐ Lidded food storage pots
- ☐ Elastic bands / bag clips
- ☐ Biodegradable soap
- ☐ Small travel towel
- ☐ Dish cloth
- ☐ Plastic bag to store trash
- ☐ Washing line
- ☐ Water bottles x 2 or 3
- ☐ Water bladder (3-4 litres)
- ☐ Water filter and / or purification tablets
- ☐

CLOTHING AND FOOTWEAR

- ☐ Padded cycling shorts or normal sports shorts
- ☐ Merino vest or t-shirt x 2
- ☐ Sports bra x 2
- ☐ Underpants x 2
- ☐ Socks x 2
- ☐ Long sleeved shirt / base layer
- ☐ Lightweight pants / leggings
- ☐ Mid layer
- ☐ Sun hat / cap
- ☐ Waterproof jacket
- ☐ Buff
- ☐ Cycling cleats or trainers
- ☐ Flip flops / sandals
- ☐ Vest and shorts to sleep in
- ☐ Cycling gloves
- ☐ Casual t-shirt / vest
- ☐ Casual shorts
- ☐ Casual sun dress
- ☐ Swimming costume
- ☐

CLOTHING FOR COOLER CONDITIONS

- ☐ Waterproof pants
- ☐ Down jacket
- ☐ Cycling Leggings
- ☐ Spare long sleeve base layer
- ☐ Warm gloves
- ☐ Warm socks
- ☐ Beanie hat
- ☐

BIKE TOOLS AND REPAIR KIT

- ☐ Repair tape
- ☐ Hand pump
- ☐ Spare inner tubes
- ☐ Tyre levers
- ☐ Bike tool
- ☐ Spare chain links
- ☐ Spare screws / bolts
- ☐ Lube

- ☐ Degreaser
- ☐ Cleaning rag
- ☐ Bike lock(s) and keys
- ☐ Bike lights
- ☐

NAVIGATION, ELECTRONICS AND EMERGENCY EQUIPMENT

- ☐ Cycling GPS unit
- ☐ First aid kit
- ☐ Battery pack and cable
- ☐ Mains adaptor plug
- ☐ Solar panel and cable
- ☐ Money
- ☐ Cell phone and charging cable
- ☐

PERSONAL ITEMS AND HYGIENE

- ☐ Headlamp
- ☐ Ear plugs
- ☐ Eye patch
- ☐ Camp towel
- ☐ Toilet kit (trowel and toilet roll)
- ☐ Hand sanitiser
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Flannel
- ☐ Soap / body wash
- ☐ Shampoo
- ☐ Sanitary products
- ☐ Moisturiser
- ☐ Razor
- ☐ Folding hairbrush
- ☐ Suncream
- ☐ Lip suncream
- ☐ Lip balm
- ☐ Sunglasses and case
- ☐ Glasses / contact lenses
- ☐ Medication
- ☐ Insect repellent
- ☐ Massage ball
- ☐ Packable backpack
- ☐

OPTIONAL EXTRAS

- ☐ Camera
- ☐ Journal
- ☐ Cards
- ☐ Chair
- ☐ Book
- ☐ Guide book
- ☐

