

## **Bikepacking Gear Check List**

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Spares	X	Toiletries	X
Spare tube		Toothbrush	
Multi-tool (with chain breaker)		Toothpaste	
Quick link		Small bar of soap (hotel bars are ideal)	
2 x CO₂ canisters/Pump		Chamois cream	
Tubeless tyre plugs		Plasters	
Chain lube		Zam-Buk (small tin)	
5 x Cable ties (large)		Anti-septic wet-wipes	
Duct tape		Toilet paper/Travel pack of tissues	
Riding Apparel		Painkillers	
Helmet		Antihistamine tablets	
2 x Bibshorts		Stomach bug tablets	
Cycling jersey		Tabard/Peaceful Sleep	
Cycling shoes		Sleeping	
2 x socks		Lightweight tent	
Cycling gloves		Hiking inflatable matrass	
Waterproof jacket		Sleeping bag	
2 x Buffs		Inflatable pillow (if needed)	
Sunglasses		On the Bike Nutrition	
Casual Apparel		Bars	
Down Jacket		Real food snacks (Biltong, nuts, etc)	
Long pants		Hydration mix	
Shorts		Electronics	
Swimming costume (Optional)		Headlamp	
Cap/Hat		Spare batteries	
Flip-flops		Power bank	
Thick socks		Chargers	
Travel towel		2-Point multi-plug	
Food		Camera (Optional)	
Camping Plate (Plastic)		Essentials	
Sharp knife, fork & spoon		Wallet	
Gas cooker		Cell phone	_
Gas bottle		Sun cream	-
Pot		Suit cream	+
Notes:			