



Multiple-day bike ride

CLOTHING

- Cycling reinforced trousers
- Warm long trousers
- Waterproof pants
- Kway/Rain jacket
- Compactable down jacket
- Breathing T-shirts
- Slippers
- Warm shirt
- Earband
- Neck-warmer
- Bike gloves
- Helmet

ACCESSORIES

- Sunglasses
- Water bottles
- Camera/ GoPro
- Maps/GPS
- Mosquito lotion
- Sunscreen
- Handkerchiefs
- Charger for all electronic devices
- Travel diary and pens

FOR THE BIKE

- Repair kit
- Chain and lock
- Front/back lights

FOR THE CAMPING

- Compact tent
- Self-inflating mattress
- Compact sleeping bag
- Stove
- Aluminium pot
- Plate and cutlery
- Dish-washing detergent, sponge and towel
- Wire and clothespins to spread

OTHER

- First aid kit
- Packed lunch
- Energy bars
- Travel hair dryer
- Toiletries
- Energy food easy to conserve
- Medicines and minerals

My notes:
