

# Check List

Item	A	B	Comment
<b>BICYCLE</b>			
Bycicle	x	x	
Bicycle pump	x	x	
Bicycle E-pump	x		
Spare tire	x		
Tube reparation kit (Levers - patches - spare inner tube)	x		
Tubeless reparation kit (Tubeless repair set - Sealer - Levers - inner tube)	x		
Thermos flask	x	x	
Water bottles	x	x	
Mount for phone	x	x	
Mount for action camera	x		
Mount for drone	x		
FIXplus straps	x	x	
Leatherman multitool	x		
Silca multi ratchet	x		
Handdlebar feed poaches	x	x	
Cable lock	x	x	
Keys cable lock	x	x	
Mini Numerical cable lock	x		
Panniers / dry bags / Bikepacking bags	x	x	
Cycling helmet	x	x	
Spare keys for locks	x		
Snacks	x		
<b>TOOLBOX</b>			
Additional spare tire and patches.	x		
Outer tyre patches	x		
Spare bolts and washers, spare screw for shoeclips	x		
Duct tape	x		
Spare carbon drive belt	x		
Chain links	x		
Drive belt care stick	x		
Chain lubricant	x		
Shift cables	x		
Shift cable housing	x		
Wire cutter	x		
Tyraps	x		
Emergency bicycle spokes	x		
Spoke wrench	x		
Pinion lockring tool	x		
Pinion adjusting screws	x		
Assembly paste	x		
Ortlieb pannier spare parts	x		
Spare Presta valve stems & caps	x		

Item	A	B	Comment
Cleaning brushes	x		
Cutter knife	x		
Bike pedal wrench	x		
Small adjustable spanner	x		
Shortened hex keys	x		
Mattress/Tent repair patches	x		
Brake pads	x		
Spacers for diskbrakes	x		
Tweezers	x		
Small cloth	x		
Tyre pressure gauge			
KITCHEN			
Coffee grinder	x		
Aeropress + metallic filter + paper filters	x		
Coffee filter	x		
Explorer pot	x		
Trangia Stove + gas burner			
Gas Pocket burner			
Gas cannisters			
Spirit burner + Triangle			
Spirit bottle			
Fuel burner	x		
Fuel bottle	x		
Fuel / Spirit	x		
Rocket lighter	x		
Lighter filling adaptor	x		
Firesteel	x		
Electric immersion heater	x		
Plates	x		
Pots & Pans	x		
Water kettle	x		
Mugs	x	x	
Plastic Cups	x		
Cutlery - knfe/fork/spoon/little spoon	x		
Large cooking spoon - tweezers	x		
Kitchen sink	x		
Dish wash sponge or cloth / small bottle dish wash liquid	x		
Dish towel	x		
Pocket knife	x	x	
Coffee beans / Instant coffee	x		
Tea + teabags	x		
Bag sealing clips	x		
Salt/Pepper & spices	x		
Cooking oil	x		

Item	A	B	Comment
Emergency dry food	x		
Minute soup	x		
OVERNIGHT			
Tent	x		
Tent footprint	x		
Tent extra plastic footprint	x		
Tent poles	x		
Tent Pegs	x		
Pole/tent repair	x		
Tent cleaning towel	x		
Sleeping bag	x	x	
Sleeping liner	x	x	
Mattress	x	x	
Pump sack / pump	x	x	
Sleeping cushion	x	x	
Rescue Bivi	x	x	
Rescue blanket	x		
Battery Tentlight	x		
Gas lantern	x		
Headlight	x	x	
Toilet paper	x		
Toilet belt	x		
Laundry bag	x		
Cloths line - pegs	x		
10M electric extention cable + multi	x		
blue CEE plug	x		
Helinox chair			
OTHER			
Foldable Backpack	x	x	
Foldable hippack	x	x	
Foldable tote bag	x	x	
Bluetooth speaker	x		
Head phones	x	x	
Cotton wool	x		
Ballpen + small notebook	x		
Paper tissues	x		
Umbrella		x	
Cash/Cards	x		
ID card - passport - visa	x	x	
Insurance cards	x	x	
Ziplock bags	x		
Personal medication	x	x	
Crochet		x	

Item	A	B	Comment
Glasses + case		x	
Magnifying glass	x		
Small mirror	x		
Measuring tape	x		
Locker numberlock			
Rope			
Fly swatter			
Ear plugs			
Sunglasses			
Face mask			
<b>DIGITAL</b>			
Photo camera + lenses	x		
Action camera	x		
Drone + remote	x		
Small travel tripod + Action camera mount	x		
Ipad	x	x	
Backup harddisks - memory cards	x		
iPhone	x	x	
Powerbanks	x	x	
Cables & chargers	x	x	
Plug adapters	x		
pd large travel Tripod			
Travel pc			
E-reader			
<b>CLOTHING</b>			
Cycling underwear	x	x	
Cycling short	x	x	
Merino T-shirt	x	x	
Long cycling tights	x		
Cycling socks	x	x	
Rain socks			
Cycling shoes	x		
Cycling rain pants	x	x	
Cycling gloves Fingerless	x	x	
Cycling gloves rain / warm	x	x	
Cycling cap/beani	x	x	
Buff - scarve	x	x	
Windstopper	x	x	
Rain jacket	x	x	
Down jacket	x	x	
Convertible hiking pants	x		
Leasure pants	x	x	
Belts	x	x	

Item	A	B	Comment
Underwear	x	x	
Shorts	x	x	
Hiking Shirts	x	x	
Hiking socks	x	x	
Hiking boots	x	x	
Sandals - slippers	x	x	
Leasure shoes	x	x	
Sweaters	x	x	
Sweater pants	x	x	
Sleep wear	x	x	
Swim wear	x	x	
Bonnet			
Rashie			
Sun hat			
TOILETRY			
Toilet bag	x	x	
Body soap	x	x	
Hair soap	x	x	
Tooth paste	x	x	
Tooth brush	x	x	
Interdental brushes	x	x	
Nailclipper / Nailcutter	x		
Shaver	x	x	
Brush / Comb	x	x	
Deo	x		
Apneu MRA / cleanser + brush	x		
Voltaren	x		
Udder cream	x		
Insect repellent	x		
Sun block	x	x	
Travel towels	x	x	
FIRST AID KIT			
Pain reliever	x		
TO DO PRIOR TO TRAVEL			
Check brakes bicycle - if required change brakepads / calibrate / oil change			
Check tires / inner tubes / replace if required / pump			
Check repair patches for inner tubes			
Install routes + variations + respective offline maps on iPhone and iPad			
Install weather apps for destination			
How to use this check list			

Item	A	B	Comment
This list is made for 1 (A) or 2 (A+B) cyclists. Rows with "x" are items most likely to be considered. Only generic descriptions are used - brand names are not that important			
List contain does not contain specifics, eg tent means one of our tents. Also, selecting for the trip a gas stove would mean the fuel and spirit related items can be ignored.			
How we use the list : before packing, we indicate on the list which items we will take - we put a cross in the A or B column which items we will not take.			
We prepare our stuff based on the list and will only put a "Check mark"on the list when the items are packed or are on our packing table.			
we check the list again right before departure (if we do not forget)			