

Bicycle Touring List for self-supported trips

modify according to length of trip, season or for supported trips

<p>HANDLEBAR BAG cycling gloves warm gloves bike computer small stuff sack needed meds Sunscreen hand sanitizer Kleenex travel wipes toilet paper in ziplock hat mini first aid kit comb/brush dog spray (optional) sunglasses maps, guides wallet (ID, Health card, travel insurance, etc.) Knife Camera Cell phone MISC water bottles bike lock helmet cycling shoes booties (for rain – grocery bags work in a pinch) electronic/computer gadgets as desired (plug -in or solar chargers) PERSONAL toiletries (soap, shampoo, deodorant, shaving supplies, sink stopper and quarters or loonies, floss, toothbrush and paste) camp towel 2+ underwear 1 cotton or wool socks 2 polypro socks bathing suit wind pants rain gear sandals cycling jersey(s) T-shirt fleece jacket cycling shorts and tights non-cycling clothes as desired</p>	<p>CAMPING GEAR tent, fly, pegs Thermarest or substitute sleeping bag small pillow or stuff sack straps to tie things together and on your racks clothesline/rope ziplock bags headlamp/flashlight extra batteries bike lights lighter clothes detergent or Camp Suds water container/shower with strap thin nylon tarp water filter if needed fire starters</p> <p>COOKING GEAR stove fuel mess kit (fry pan, pots) cup with lid spatula, pot gripper, lighter/matches, detergent, pan cleaner, spices, oil</p> <p>FOOD SUGGESTIONS peanut butter jam, honey egg mix or eggs skim milk powder juices Gatorade mix bagels/buns/wraps, etc. Vegetables fruit coffee / tea cheese oatmeal dried meals/noodles/chili/soups/pasta GORP freeze-dried meal favourite spices canned salmon, sardines, etc.</p>	<p>TOOLS AND PARTS – (dependent on your skill level – don't carry it if you don't know how to use it) The essentials are <i>tube</i> <i>tire levers</i> <i>pump</i> <i>chain lube</i> <i>screwdriver</i> <i>allen keys</i> <i>spokes and/or “S” spokes</i> <i>patch kit</i> <i>various Multi-tools are available – (bigger is not necessarily better) test to make sure it works for you)</i></p> <p>cables (rear brake and derailleur, yoke) spoke wrench duct tape chain tool</p> <p>ADDITIONAL (depends on nature and duration of trip and your needs) extra tire – sometimes needed in remote areas a good book or e-reader notebook and pen addresses binoculars a comfy “situpon” cards, games small backpack anvil bricks for ballast lead weights or cast-iron fry pans *last three items only for the really dedicated cycle-tourist in training!</p>
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