



PACKING CHECKLIST

BICYCLE EQUIPMENT

- Saddlebags and waterproofs
- Handlebar bag and raincoat
- Waterproof rack bag
- Lights (front light, rear light, headlamp)
- Security features (helmet, reflective vest)
- Jerrycans and/or Camelbak
- Bungee cord and/or rope
- Route maps
- Paper and pencil
- Speedometer
- Compass and/or GPS
- Tools and spares (*See checklist*)

BICYCLE CLOTHING

- 2 short cullote
- 1 long cullote or leggings
- 2 short maillot
- 1 thermal shirt
- 1 windbreaker
- 1 softshell vest
- 2 pair of socks
- Gloves
- Bicycle shoes

STREET CLOTHING

- 1 shorts and/or swimsuit
- 2 long pants
- 2 tees
- 3 sets of underwear
- 2 pairs of socks
- Flips flops
- Shoes

COATS

- Raincoat and rain pants
- Feather jacket
- Fleece
- Hat or scarf
- Overshoes
- Neck gaiter

HYGIENE

- Quick-drying towel
- Natural soap (for clothes and grooming)
- Gel and shampoo (if you do not want to use the natural soap)
- Hair comb
- Deodorant
- Shower slippers
- Toothbrush and toothpaste
- Toilet paper
- Nail scissors
- Compresses / tampax / panty liners

OVERNIGHT STAY ELEMENTS

- Tent
- Sleeping bag
- Sleeping bag inlet
- Camping mattress
- Pillow



KITCHEN UTENSILS

- Stove
- Pan
- Wooden spoon
- Plate
- Aluminum cup
- Cutlery
- Knife and can opener or utility knife
- Cutting board
- Lighter
- Energy food (nuts, energy bars, sugar pills, etc.)
- Dishcloth
- Salt, oil, sugar, coffee, soluble chocolate, condiments, etc.
- Cleaning kit (sponge and soap)
- Cleaning cloth
- Water bag

SEVERAL

- Documentation
- Money
- Handy and mobile charger
- Camera and charger
- Power strip
- Sunglasses
- First-aid kit (*See checklist*)
- Padlock
- Own needs (medication, ear plugs, elbow pad, knee, etc.)
- Rope and clothes pins
- Backpack
- Books
- Games