

Complete Bicycle Touring Gear Checklist v5 (Summer 2009)	N/A	Need	Have	Packed
Bicycle Accessories (mounted to bike)				
Front +/- Rear Rack & Panniers --- <i>and/or</i> --- Trailer				
Handlebar Bag (+ mounting bracket)				
Rain Covers <i>and/or</i> Plastic Bags (for non-waterproof panniers)				
Trunk (Rack) Bag <i>or</i> PVC Dry Bag* (for rainy tours)				
Seat / Frame Bag (good for storing tire repair kit)				
Comfortable Saddle (personal choice---not racing seat!)				
Handlebar Extensions w/ Paddled Grip Tape				
Stem Riser / Adjustable Stem (may need if touring w/ mt. bike)				
Water Bottles+Cages <i>and/or</i> Hydration Pack (i.e. <i>Camelbak</i>)				
LCD Cycle Computer (w/ new or extra battery)				
LED Flashing Tail Light				
LED Head Light (<i>or</i> use camping headlamp)				
Mirror (mounted on handlebar / helmet)				
Air Horn / Bell (i.e. <i>Delta AirZound</i>)				
Multi-mount (i.e. <i>Topeak BarXtender / Minora SpaceGrip</i>)				
Front + Rear Fenders				
Bungee Cords / Webbing Straps (2-3)				
Bike Lock (key/combo cable is sufficient; U-Locks=heavy/overkill)				
Reflectors (or reflective safety vest or reflective clothes)				
Dog / Bear Pepper Spray (attach to bike frame)				
Bike Mojo (i.e. mascot/trinket on bike)---don't ride without one!				
Camping Gear (in various stuff sacks)				
Tent (1/2 man)+(rainfly;poles;stakes;stuff sacks;ground sheet) <i>or</i>				
Camping Hammock <i>or</i> Tarp + Tyvek / Poly Ground Sheet				
Sleeping Bag (15-20F Down / Synthetic) + Compression Sack				
Sleeping Bag Liner (for mild/cold camping or hostel use)				
Air Mattress/Pad+Stuff Sack (i.e. <i>Therm-a-Rest; Insul-Mat; Z-rest</i>)				
Air Pillow (or use extra clothes in stuff sack)				
Nylon Stuff Sacks (various sizes; for clothes + gear)				
Backpacking Stove (in stuff bag or cook pot)				
Fuel Bottle (liquid gas/denatured alcohol <i>or</i> 8oz butane canister)				
Cook Pot (1-2 liter pot w/ lid; aluminum / titanium)				
Utensils: Spork / Spoon+Fork+Knife set (lexan / titanium)				
Insulated Travel Mug (hot coffee in camp/town or to take on bike)				
Water Filter/UV Purifier/ <i>Aqua Mira</i> (for backcountry or int'l travel)				
Water Tank (i.e. <i>Platypus/MSR</i> : for collecting+pre-filtering+shower)				
*PVC Dry Bag (handy for keeping large items dry on rack)				
Portable Camp Chair (i.e. <i>CrazyCreek</i> or <i>ThermaRest</i> chair-kit)				
Light Backpack / Daypack / Hydrationpack (if doing side hikes)				
Bike Cover (coated nylon / poly tarp---cut to fit your bike & gear)				
Clothes Pins (6-8; for drying clothes / securing bike cover at night)				
Mosquito Head Net (used in buggy areas like AK or MN)				

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Cycling Clothes (usually wearing, unless you ride naked)				
Helmet (proper size & fit) + optional Visor				
Cycling Jersey or Synthetic T-Shirt (2-3)				
Cycling Shorts (1-2 --- maybe 3 for long tours)				
Cycling / Synthetic Underwear [Boxer/Briefs + Sports Bras] (2-3)				
Cycling Gloves (1 pr. / 2 pair if on long tour)				
Cycling Socks (Synthetic / Wool; 2-3 pr. i.e. <i>Coolmax</i>)				
Clipless Cycling Shoes (or trail/running shoes if using toe-clips)				
Foul-Weather Cycling Clothes (in nylon stuff sack)				
Long-Sleeve Jersey / Light-Mid Synthetic/Wool Zip Shirt (1)				
Cycling Long-Tights / Insulated Windpants (1)				
Rain Jacket + Pants (1 set --- waterproof nylon / <i>Gore-Tex</i>)				
Fall Gloves / Mittens+Liners (1 pr.)				
Wrist Sweat Bands / Bandana (1)				
Synthetic Helmet Liner / Skull Cap / Fleece or Wool Hat (1)				
Balaclava / Neoprene Face Mask (1)				
Arm + Leg Warmers (1+1 pr.)				
Waterproof Socks (1pr. --- i.e. <i>Sealskinz</i> / <i>Gore-Tex</i>)				
Waterproof Rain Booties / Gaiters (1 pr.)				
Helmet Cover (1)				
Camp + Town Clothes (in nylon stuff sack)				
Clean Synthetic / Cotton T-Shirt / Collared Travel Shirt (1)				
Fleece Jacket/Vest <i>or</i> Mid/Heavy L/S Pullover (1)				
Synthetic Hiking / Running / Swim Shorts (1/1)				
Synthetic Pants / Convertable Pants/Shorts w/ elastic+belt (1)				
Synthetic Underwear (1 + clean/dry briefs---off the bike)				
Base Layer (synthetic long underwear top+bottom---1 set)				
Synthetic / Wool (warm!) Socks (1 pr.)				
Baseball Cap / Visor / Sun Hat (1)				
Sandals / Rubber Clogs / Flip-Flops / Running Shoes (1 pr.)				
Food Bag (in zip-lock bags inside nylon stuff sack)				
50' Nylon Cord (for hanging food; carabiner attached+'rock' sack)				
Meals + Snacks				
Multi-Spice (i.e. <i>Mrs. Dash</i>) or Individual Spices (in canisters)				
Sports / Energy Drink Mixes (i.e. <i>Gatorade</i> powder)				

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Documents (in wallet / travel pouch / handlebar bag)				
Drivers License (or other official photo ID)				
Passport (if traveling international)				
ATM / Debit Card				
Credit Card(s) (w/ bank's hotline # to call if lost / stolen)				
Cash (+ extra \$20 in \$1's & change---for vending / laundry)				
Personal / Traveler's Checks				
Travel Tickets (airline / train / bus)				
Photocopies (passport / license; stored in separate place)				
Emergency Contact Info (on biz card / journal / wrist band)				
Health +/- Travel Insurance Card				
Student ID Card / Youth Hostel Card				
Phone Calling Card				
Contacts List (family / friends) + Stamps (for postcards)				
Biz Cards (w/ contact info: name/e-mail/website/address/phone)				
Personal Items (usually wearing and/or in handlebar bag)				
Watch (+ alarm; altimeter; barometer; compass---i.e. <i>Suunto</i>)				
Sunglasses (+ case; extra lenses; neck strap; cleaning cloth)				
Contact Lenses (+ lens case; lens solution)				
Eyeglasses (+ case)				
Sunscreen (SPF 30+ water/sweatproof; spray=more convenient)				
Insect Repellent (20-25% DEET or alternative)				
Lip Balm (i.e. <i>Chapstick</i> / <i>Blistex</i>)				
Gadgets + Travel Items (in handlebar bag)				
Cell Phone + Charger				
LED Headlamp + Batteries				
Digital Camera; Memory Cards; Charger; Case (+ accessories)				
Extra Camera Battery; Mini Tripod; Screen Shield; Lens Cloth				
iPod / mp3 Player (Radio; Recorder + Earphones; Charger)				
GPS (+ charger / batteries / bar mount --- i.e. <i>Garmin</i> ; <i>Magellan</i>)				
USB Flash Drive (for photos; maps; waypoints; bookmarks; contacts)				
USB Mini-Cable and/or Card Reader (for uploading photos, etc.)				
PDA / Pocket-Mail Device (becoming obsolete)				
Laptop Computer (+ carry case; charger; accessories, etc.)				
NOAA Weather Radio (handy for long/remote tours)				
2-Way Radio (i.e. <i>Motorola</i> ; handy for group / SAG tours)				
Maps (in case/zip-lock---i.e. <i>AdventureCyc</i> / <i>Rand McNally</i> / <i>AAA</i>)				
Guidebook (in zip-lock; i.e. <i>Lonely Planet</i> ; <i>Frommer's</i>)				
Pen + Sharpie (black marker) + Highlighter (for marking maps)				
Journal (small notebook or voice recorder)				
Book / Magazine (for reading)				
Small Padlock (for hostel lockers---if using)				
Binoculars				

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Bike Tools + Spare Parts (in pouch or zip-lock)				
Air Pump (mini / mid size; pack in pannier/bag instead of frame)				
Patch Kit + Tire Levers				
Spare Tubes 1-3 (+1 spare tube for trailer, if using)				
Presta / Schrader Valve Adapter (1-2)				
Tire Pressure Gauge				
Degreaser (<i>Gunk</i> or biodegradable type)				
Chain Lube (<i>Pedros</i> , <i>White Lightning</i> , etc.)				
Spokes (3-6; sizes specific to your wheel)				
QR Axle				
Trailer QR Axle + Retaining Pins (if using trailer)				
Brake Pads (specific to your bike)				
Spare Tire (folding bead---for bike or trailer)				
Brake/Shift Cable				
Nuts + Bolts + Bailing Wire (specifically for racks, brakes, etc.)				
Hose Clamps + Carriage Bolts (for repairing blown shocks, etc.)				
Replacement Cleats + Hardware (SPD=2 bolt / Look=3 bolt)				
Shop Rag (Bandana/Handy Wipes---for cleaning greasy hands)				
Bicycle Multi-Tool (i.e. <i>Topeak Alien II</i>)--- or indiv tools below:				
Screwdrivers; Wrenches: 2-10mm Allen; Spoke; Pedal; Crescent)				
Chain Tool + Spare Link(s)				
Cassette / Freewheel Removal Tool				
Basic Knowledge of Bike Repair (<i>or</i> manual / downloaded info)				
Additional Repair Items (in pouch or zip-lock)				
Multi-Tool / Pocket Knife (i.e. <i>Leatherman</i> / <i>Swiss Army</i> / <i>Gerber</i>)				
Duct Tape & Electrical Tape (small roll; 1+ yd.)				
Plastic Zip Ties (various sizes)				
Glue / Liquid Thread Lock (<i>Crazy</i> / <i>Gorilla</i> / <i>Loctite</i> ---small tube)				
Batteries (AAA: for headlamps; bike LEDs; AA: camera; etc.)				
Plastic Bags: (zip-lock / compactor / garbage---different sizes)				
Bite/Flow Valve (for hydration bladder---if using)				
Air Mattress Patch Kit (or use bike patch kit)				
Sewing Kit (needle; thread; buttons; assorted safety pins, etc.)				
Folding Sewing Scissors (or use multi-tool / knife)				
Shoe Laces (or cut nylon cord from bear bag)				
Zipper Pulls (can substitute w/ small zip ties)				
Rubber Bands (4-5; heavy-duty)				
Seam Sealer (small tube)				

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Toiletries (in travel pouch or zip-lock)				
Travel Towel (i.e. <i>MSR Pack/Towl</i> or chamois)				
Washcloth (i.e. bandana or www.ultralighttowels.com)				
Soap / Shampoo; (i.e. <i>Mtn/Camp Suds</i> / <i>Dr. Bonner's</i>)				
Deodorant (travel size)				
Toothbrush + Toothpaste + Floss or Floss-Sticks				
Toilet Paper (small roll in zip-lock) or Handy/Baby Wipes				
Hand Sanitizer (i.e. <i>Purell</i>)				
Skin Cream (i.e. <i>Noxema</i> or <i>Aloe Vera</i>)---good for wind/sunburn				
Nail Clippers + Nail File				
Tweezers				
Hair Brush / Comb				
Hair Ties 'Scrunchies' (for long hair)				
Disposable Razor (+ shaving cream)---or substitute				
Compact Mirror (for contact lens wearers)---or use bike mirror				
Woman's Hygiene Products				
Ear Plugs (for sound sleeping in woods, hostels, etc.)				
Prophylactic (i.e. condoms)---maybe you'll get lucky!				
Prescription Medication				
Multi-Vitamins				
First-Aid / Other Toiletries (in pouch or zip-lock)				
Band-Aids (assorted sizes & shapes)				
First-Aid Ointment (i.e. <i>Neosporin</i>)				
Adhesive First-Aid Tape				
Moleskin / Blister Bandages				
Alcohol Wipes				
Cotton Swabs				
Compress / Gause Pads (med / large size)				
Ibuprophen (i.e. <i>Advil</i>) / Aspirin (i.e. <i>Bayer</i>)				
Anti-Chafing Balm (i.e. <i>Vaseline</i> ---for saddle sores)				
Anti-Itch Cream (i.e. <i>Hydrocortisone</i>)				
Muscle Relief Cream (i.e. <i>Icy-Hot</i> , <i>Sports Cream</i>)				
Foot Powder (i.e. <i>Gold Bond</i>)				
Anti-Diahearreal Tabs (i.e. <i>Imodium AD</i>)				
Antihistimine Tablets (i.e. <i>Benadryl</i>)				
Zinc Tablets (i.e. <i>Airborne</i>)---cold prevention				
Sports Injury Cloth Bandage				
Neoprene Knee / Ankle Wrap				
Survival Items (in pouch or zip-lock)				
Lighter (butane / disposable) + Storm Matches				
Compass (on handlebar / watch / hand)				
Whistle				
Emergency Space (mylar) Blanket				
Personal Locator Beacon (i.e. SPOT; ACR Terrafix/Microfix)				
Key: Yellow Highlights = Electronics and/or items using batteries	✓	✓	✓	✓