

Bicycle touring packing list



Bike gear

- Lights
- Reflective vest
- Water bottles (2)
- Lock
- Chain lubricant
- Cloth
- Pump
- Spare inner tube and patches
- Tire levers
- Multi tool
- Spare brake pads
- Zip ties
- Duct tape
- Bungee cords
- Helmet
- Smartphone holder
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Toiletries

- Soap
- Shampoo
bar/shampoo powder
- Toothbrush
- Toothpaste
- Hair brush
- Hair bands
- Dental floss
- Deodorant
- SPF cream
- SOS cream
- Lip balm
- Ear buds
- Nail clipper
- Tweezers
- Razor
- Wet wipes
- Antibac spray
- Toilet paper
- Menstrual cup
- Microfiber towel
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Clothes

- Sports t-shirts (2)
- Cycling shorts (2)
- Windbreaker
- Hoodie/sweater
- Rain jacket
- Long pants
(waterproof)
- Gloves
- Plastic raincoat
- Rubber gloves
- Socks
- Underwear
- Buff
- Shoes
- Flip-flops
- Normal t-shirts
- Shorts
- Pyjamas
- Swim suit
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 **First-aid kit**

- Emergency blanket
- Antiseptic spray
- Ibuprofen/Aspirin
- Anti-diarrhea tabs
- Band-aids
- Bandage
- Gauze
- Hydrocolloid wound dressing
- Electrolites
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 **Other**

- Passport
- Wallet
- Bank card
- Insurance card
- Sunglasses
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 **Electronics**

- Phone
- Charger
- Camera
- Camera charger
- Tripod
- Power bank
- Solar panel
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 **Camping gear**

- Tent
- Camping mat
- Sleeping bag
- Camping stove
- Pot
- Bowl
- Mug
- Spoon
- Swiss army knife
- Headlamp
- Water filter
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