



# Bike Touring Checklist



# Bike Touring Packing Checklist

## Main Necessities

- Bike
- Helmet

## Clothing

- Shorts or tights
- Gloves
- Socks
- Shoes
- Post-ride sandals
- Waterproof shoes and jackets
- Post-ride clothes

## Documents

- Driving license
- Travel insurance
- Passport
- Credit/debit card
- Cash
- Photocopies of all the documents  
Post-ride clothes

## Personal care items

Sleeping bag, tent, and cookware in addition to toiletries, first aid kit, camera, extra food, etc.,

## Repair Items

- Spare tube
- Spare tires
- Pump
- Spare chain
- Bike cleaning wipes
- Spare nuts and bolts
- Duct tape
- General Purpose Multi-tool
- Tire levers
- Spoke wrench
- Chain tool

## Bicycle Accessories

- Trunk bag
- Hydration pack
- Frame bag
- Panniers
- Rain covers
- Paper bags
- Water bottles
- Biking glasses
- Headlight
- Flashlight
- Bike lock
- Mirror
- Bungee cord