

Bike Touring List  
1999- rev. 2/2005

*(All inclusive with more than anyone would ever need – pick & choose)*

Pick and choose what fits your needs. There is more here than I would take, but it jogs my memory about things to consider. If touring alone or in desolate areas, check with commercial lists, and add in. All clothing does double/triple duty! As someone wrote somewhere, "If you aren't sleeping in all the clothing you brought, then you brought too much." I, myself, think this is a bit extreme, but is a place to start in thinking "less is better." Also, you'll notice that there is very little in the way of "natural fibers." Cotton can be a disaster on a trip, especially if it is cold and wet. Wool, while wonderful, takes forever to dry. I've discovered that I can get away with two cotton t-shirts for hot weather; the new Polartec(tm) fabrics are better (IMHO) than wool for this type of travel. I rode in 90+deg(F) [dry] heat for days on end in long-sleeved light colored Capilene(tm) shirts and was very comfortable – and protected from the sun. CoolMax Ultra also works very well in hot weather.

Clothes: dark colors disguise dirt: black, deep green, royal blue, etc; [Something light weight/colored if it's expected to be hot; something nice (e.g. presentable).]

Take \*small\* amounts of things like toothpaste, soap, etc. Unless you are in a really isolated area, you can always buy some on the road...and get a chance to talk with "locals" at the same time (this is particularly fun in foreign countries).

Instructions for House-sitter	Book(s); Bird book (?) (maybe)	Water bottles (1 sm; 1 lrg w/ trail mix or energy bars inside)
Documents, etc.	Camera	
phone \$/phone card	Dictating recorder-(new batteries)	Bike Parts/Tools, etc.
Address card	Dictating tape(s) - 1 spare	Bandana for bike repair with tools
Airline/rail tickets	Compact flash cards (3-256 + 1-32)	Bite valve for C'bak
Copies of passport/hostel card	Journal	Blue Loctite (tiny bottle)
Driver's license	Notebook, sm. Spiral (REI waterproof)	Brake pads (2)
Emerg. contact info (updated!)	Pen & Pencil	Cables, brake/gear (1 ea.)
Health insurance card		Carriage bolts, 5" (1)
Passport	Bike Accessories	Chain links-(3)
Photo (extra, self)	Bags: ziplock,	Chain lub
Youth hostel card	garbage/compactor, Red	Chain tool
Palm/waterproof case/recharger	Outdoor Res. bag for group	Cleats, spare (multi-release)
Cell Phone (and extra battery)	food on back of bike	Cool Tool (yes!)
Special Items	Bandana (in handlebar bag)	Fender washers (2)
\$\$\$/checks	Bungie cords (2) – 20"	File, triangular (sm) (6")
Backpack/daypack	Camelbak	Hose clamps, sm (2)
Bike repair book (sm)	Compression straps (4) – cam lock style	Ignition pliers
Credit card(s)	Cyclometer (w/ new batt)	Nuts/bolts (5mm x .8 x length))
Fanny/hip pack	Handlebar bag & rain cover (Madden)	Patch kit (check glue!)
Foreign currency	Lights w/ new batteries (tail)	Pliers, needlenose (sm)
Guidebooks – take only useful bits	Lock (combination; keys can get lost)/ Cable (light wt. Flexweave)	Rack mounting bolts (2)
Map marker (yellow or pink)	Map case/Al's velcro technique	S & S coupling wrench
Maps	Panniers & rain covers	"S" hook(s) for panniers (just in case)
Swiss Army	Pump	Saddle bolt
Knife/Whistle/Leatherman	Rack straps (2) (cam locks)	Spokes, kevlar
Sunglasses (2); glasses (1)	Rearview mirror/reflective triangle	Superlink
Sunglasses leash	Rufus rain bag	Tire "boot" (Tyvek envel. piece)
Travelers' checks	Saddle rain bag	Tire (1) (folding)
Wallet		Tire levers (3)
Watch		Tire pressure gauge
Hobby Items		Topeak Alien tool
Binocs		Tubes (2); packed in cornstarch
		Vice grips, 5"

Wrench, angle allen (2-10mm)	Sleeveless top, Capilene (maybe)	Compass
Wrench, cone	Shirt, s/s seersucker	Emergency space blanket/bag
Wrench, pedal	Swimsuit (nylon, lt. Wt.)	Insulated wire (3')
Wrench, spoke	Texas	Ripstop repair & Therm repair
Superglue (tiny tube)	Underwear	Safety pins (5 ass't)
Tie wraps (med. Length many) for coming home with panniers, etc.	Visor, sun	Shoelaces (2)
	Camping Gear/Hostel	Shower hooks (3) (for zippulls, repair,, etc.)
Clothes, Riding	Back Country repair kit by OR (?)	Straps, ditty bag
Arm warmers [opt]	Bandana (napkin) (2, 1 for food bag)	Tape, duct
Bike gloves	Bic lighter and/or matches	Tape, electrical
Bike shoes w/ new laces & cleats	Bowl (yellow plastic/cereal)	Tape, strapping (small roll – buy before airplaning bike home)
Bike shorts (2)	Candle ?/lantern	Trail Mix/Outdoor bars/GU
Helmet & visor	Flashlight/Headlamp-new batteries (LED style?)	Wx radio & AAA battery
Long blk lycra tights	Food (emerg. Ration)	Misc. Personal
Shirt, mid-wt Capilene zip t-(l/s) (cold wx)	Food tubes (1)	Bandana (1)
Shirt, silkwt. Capilene l/s crew (1 or 2)	Fuel (purchase at destination)	Chapstick w/ SPF
Shirt, l/s SPF (LLBean/Columbia)	Fuel bottle (22oz)	Contact lenses
Sox (3 pr.) ( 1 heavy wool; 2 short Smartwool or DeFeet)	Ground cloth (trash compact. bag or Tent Footprint)	Dental floss
Nard's neckerchief (for hot wx)	Lexan soup spoon & knife/fork	Deodorant
	Loo roll	Drain "cover"
Clothes, Rainy/Cold Wx	Mug plastic, insulated w/ top;	Hair brush
Anorak-Polartec 100 microfleece	Needle/thread kit	Hair gel
Balaclava	Pot (medium)	Insect repellent (spray, not lotion) (28% DEET)
Booties (neoprene) (opt.)	Pot (Ti small pot newly blackened)	Mirror (metal)
Ear warmers for helmet	Rope, bear	Nail brush
Gloves (heavy wt.); capilene liner	Seam Grip (small tube)	Nail clippers
Hat, wool	Shower, camp [H2O Shower]	Nail file/emery board
Helmet cover, gortex	Sleeping bag & OR/compress sack (Sleeping bag silk liner sack?)	Razor, disp
Long underwear bottoms (blue capilene)	Spoon, wooden (cooking)	Scissors (trim bangs)
Mittens, Outdoor Research gortex!	Stove (MSR)	Scrunge
Rain booties, black ultrex	Stove (MSR) maint. kit	Shampoo/Soap; All purpose (Joy brand /Campsuds/Woolite)
Rain hat (black OR)	Straps, extras (red ditty bag)	Sunscreen (Campsuds bottle?)
Rain hood (yellow Burley) (double duty...cold weather sleeping as well as cold/rainy day use)	Stuff bags, OR red (#2 for food on back of bike)	Toilet paper (tiny roll in fanny pack)
Rain suit - gortex/ultrex	Tent/rainfly - w/ 12 good stakes (OR #7 bag?)	Toilet paper (group emergency roll)
Sox, gortex (check seam-sealing)	Thermorest stuff sack & "pillowcase"	Toothbrush/paste
	Thermorest, 3/4 Ultra-light (check for leaks)	Towels (PackTowels) lrg & sm.
Clothes, Off-Bike	Trowel (?)	Tweezers
Mosquito head net (?)	<del>Water bucket (?)</del>	Vaseline/Bag Balm
Pants, long: zip-off shorts type (elastic waist band!)	Water carrier sack (1)/Platypus (6 L-)	1st Aid kit (in red stuff sack, restocked) or Commercial Kit
Pants, shorts; (Patagonia "Baggy") (nylon)	Water filter (new cartridge)	Adhesive tape, around film can
Pants, shorts; Supplex "nice" shorts.	Survival (in ditty bag? Or scattered throughout)	Alcohol wipes (5)
Pantyhose – 1 pr. (warmth)	\$10 bill	Antihistimine tabs (e.g. Benadryl)
Shirts = 4 total, only!	Bags: garbage/ziplock/kitchen	Aspirin/Advil (20)
Shirt, long sleeve; (2)	Camelbak nipple (extra)	Baking soda
CoolmaxUltr; or Supplex-SPF 30; LLBean, etc.)	Carabiner attached to 50' bear cord; small 'biner	Band-aids (10)
Shirt, cotton t-shirt (1)	Clothes pins (3)	Band-aids, butterfly (6)
Shirt, silk wt. Capilene s/s tee (1)		Blistex
		Compress pads (6)

Insect de-stinger (e.g. Adolph's)     *Last updated: 2/19/05*

Moleskin! precut to fit saddle sore

Neosporin (tiny tube)

Pepto Bismo tabs (16)

Prescription meds

Vitamins/calcium

Mascot:

Rufus Turre Bear

Rufus raincoat

General Packing

items to get to quickly in left  
panniers

Handlebar Bag

Bandana

Camera(&battery)

Dictating machine

Extra ballpoint pen

Insect spray

Map

Small bike repair book

Snack

Spare cables

Sunscreen

Left Front Pannier

Rainy weather gear

Cold weather biking items

Maps

Paperback book/magazine

Right Front Pannier

Cooking gear

Bowl/cup in mesh bag

Water filter

Food

Left Rear Pannier

Bike tools

Emergency 1st aid kit

Spare tire

Straps (ditty bag of them)

Tivas

Ziplocks

Right Rear Pannier ("Grab &  
Go" to shower)

All clothing

Film

Personal "kit"

Back Rack (top)

Rufus

Sleeping bag/tent/ThermoRest

Food (bright yellow OR bag)