

Cycling Touring Kit List

Item	Got	Packed	Count	Weight	Notes
Tools & Maintenance					
Multitool, e.g. Crank Bros M19					
Chain splitter, if not on multitool					
Allen keys					
Pump					
Puncture kit					
Inner tube					
Zip ties					
Dry lube					
Wet lube					
Degreaser					
Cleaning rags					
Vinyl/nitrile gloves					
Cassette remover, e.g. NBT2					
Spare spokes (possibly four different lengths)					
Spanner (for all nuts/bolts on bike)					
Tyre levers					
Spare gear cable					
Spare brake cable					
Cable ends					
Ferrules, Gear					
Ferrules, Brake					
Powerlink					
Gaffer tape					
Spare bolts					
Swiss army knife					
Crank bolt hex key					
Spare brake pads/blocks					
Electrical tape					
Pliers					
Electrics					
Charger					
International plug adapter					
Mobile Phone					
Mobile phone charging cable					
GPS (i.e. Garmin or equivalent)					
GPS charging cable					
Powerbank					
Additional equipment					
Water bottles					
Light, front					
Light, rear					
Light spare batteries					
Locks					
Notebook					
Pen					
Pedal reflectors (unless fitted)					

Item	Got	Packed	Count	Weight	Notes
Camping					
Tent					
Groundsheet					
Sleeping bag					
Sleeping mat					
Sleeping bag liner					
Stove					
Fuel bottle					
Cooking pot					
Cutlery					
Washing up liquid					
Kitchen roll					
Head torch					
Mug					
Lighter/matches					
Container for oil					
Chopping board					
Towel					
Freezer bags					
Fuel					
Washing line					

Clothing					
Base layer (2x)					
T-shirt					
Coat					
Leggings (2x)					
Shorts					
Buff					
Socks (3x)					
Warm top (microfleece)					
Gloves					
Overshoes					
Overtrousers					
Shoes					
Helmet					
Peaked cycling cap					
Underwear					
Flip-flops					

Personal Care					
Toothbrush					
Toothpaste					
Floss					
Deodorant					
Washing powder					
Soap					
Shower gel					
Handwash					
Hand sanitiser					
Nail clippers					
First aid kit					
Sudocrem					
Daktarin or similar					
Suncream					
Tissues					
Toilet roll					

Item	Got	Packed	Count	Weight	Notes
Sunglasses					
Glasses cloth					
Mask					
Insect repellent					
Eyebrow tweezers					
Multivitamins					
Lateral flow tests					
Female hygiene products					
Razor					
Shaving gel					

Legal info

Passport					
Covid vaccination certificate					
Bank card					
Euros					
GHIC					
Travel insurance					
NHS App					
Proof of funds					
Proof of accommodation					
Emergency health info, if applicable					
Driving licence (car hire)					
Car hire details					
Travel tickets (e.g. ferry) out					
Travel tickets (e.g. ferry) back					

Food & drink

Tea bags					
Coffee					
Energy bars					
Energy drink					