

## EXAMPLE PACKING LIST

Please note that a tour-specific packing list will be sent to the riders registered for each tour.

### WHAT TO BRING

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In deciding what to bring, please use common sense and consideration for the other participants as the support vehicles have limited space.

#### Sectional Riders

Please note that the items and quantities listed below are for full tour riders. Depending on the length of your section, you will likely need much less stuff, including spare parts for your bike, our office is always available to help you decide what to bring and what to leave at home.

#### Documentation and Identification

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Many riders scan all their important documentation onto a computer and then e-mail it to themselves or store it in the cloud. You should also bring photocopies of all the documents listed below. It is suggested that you keep your valuables and important documentation in a ziploc bag or other waterproof container. The documentation and identification that you should bring are as follows:

- Passport must be valid for six months beyond the end of the tour and have 6 or more blank pages remaining.
- Medical & travel insurance policy and contact information
- Record of Vaccinations
- List of your essential addresses and phone numbers

#### Bags

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- Baggage limit: 2 duffel bags, up to 110L and 23kg each
- Must have no hard sides
- Waterproof bags are recommended - [example bag](#)
- While 23kg and 110L is the maximum allowed per bag, in our experience a bag of 90L weighing not more than 18kg is very much achievable with careful packing. It will mean less weight for you to carry.

#### Camping Gear

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- 2 person tent – something light, that packs up small
- Sleeping bag rated for 5 degrees Celsius, and that packs up small
- Sleeping bag liner (preferably silk, can also be used on hot nights without the sleeping bag)
- Camping mattress or Thermarest
- Small (or inflatable) camp pillow. Thermarest also makes these.
- Headlamp (with extra rechargeable batteries)
- Tent groundsheet
- 5m of light rope and clothes pegs
- Repair kits for tent, poles and mattress

#### Clothing

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- 3 T-shirts
- 2 long sleeve shirts
- 1 set of thermal under layers (light weight)
- 1 pair of long pants
- 2 pair of shorts
- 1 fleece jacket

- 1 sun hat
- 1 pair of sandals
- 1 pair of lightweight shoes
- 1 bathing suit
- 1 towel
- 1 rain jacket (that can also be used cycling)
- 1 pair of rain pants (that can also be used cycling)

## Cycle Clothing

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- 3-5 pairs of padded cycling shorts (a high quality chamois will be your greatest asset)
- 1 pair of cycling shoes (SPD's or a rigid walking shoe. You should be able to walk comfortably when required in your cycling shoes)
- 4 cycling jerseys or shirts, 1 long sleeved and 3 short sleeved
- 5 pairs of cycling socks
- 2 pairs of cycling gloves; 1 full-finger waterproof, 1 short
- 1 new and undamaged cycling helmet
- 2 pairs of sunglasses
- 1 "buff" to wear while cycling in dusty or sandy areas
- 1 pair of cycling pants (optional)
- Arm and leg warmers
- Compact, lightweight windbreaker jacket
- Hi-visibility vest

## First Aid

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Please see the list provided in the Medical bulletin for a list of first aid supplies to carry both on and off the bike

## Other Suggestions

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- Smartphone w/ case (and handlebar mount)
- External battery charger (essential for charging electronics in camps)
- Tablet + hard case (such as [Otterbox](#), without a case they can break in your bag)
- Energy bars (not full tour supply, but a few on hand for tougher days)
- 2 Reusable sandwich bags
- Compressible Daypack
- Outlet adapter for foreign plugs
- High quality earplugs

## CYCLING GEAR

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### Accessories

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- Cycling computer / GPS
- Cable Lock
- Helmet mirror or handlebar mirror
- LED rear and front lights
- Bell
- 2-3L water capacity (bottles / hydration pack etc.)

### Spare Parts

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If your bike has any uncommon components or hydraulics, you must bring the proprietary tools, fluids and parts to fix them. If your cassette, chain, pedals and/or bottom bracket are old, you should have them replaced prior to the tour. Before you purchase any bike parts make sure that they are compatible with your bike. Here is our suggested list of spare parts to bring:

- 1 chain

- 5 – 8 tubes
- 3 patch kits
- 1 brake and 1 derailleur cable with the appropriate housing and ends
- 2 set of brake pads
- 2 spare spokes in each length (drive and non-drive side lengths)
- 1 set of tires (will be stored separately on tour vehicles)
- 1 replaceable derailleur hanger
- If your bike uses thru-axles, consider bringing spares. If you lose one when removing your wheel, it can be very difficult to find replacements.

If you are using tubeless tires:

- You should still bring 2-3 spare tubes and a patch kit
- A few small bottles (2oz) of sealant
- Tire plug tool and plugs
- A spare tubeless valve
- A roll of tubeless rim tape in the correct width
- Bring a CO2 inflator, and check with your airline if bringing CO2 cartridges is allowed. If not, try to buy some in the start city of the tour.

## Tools

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Most of the tools needed for the tour can be found on a good multi-tool. Any larger bike tools will be supplied by our mechanic. All that you need to bring are cleaning products and the basic tools that you will want to carry with you while riding. Here's a short list:

- Multi-tool
- Mini-pump
- Tire levers
- Chain break tool
- Gear brush
- 1 small bottle degreaser
- Chain lube
- 1 Rag

Please note that you should not try and bring enough lube and degreaser to last the whole trip. There are many places in larger cities that sell both of these items and you can restock as you need it. It will just add extra unnecessary weight to your bag.

## WHAT NOT TO BRING

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Over the years, riders and crew have learned what is excessive. Here is a short list of some unnecessary equipment:

- **Bike cases and bags** – whether hard or soft, no bike cases are allowed on the tour. Your bike should be packed in a cardboard box for transport on the airplane. At the end of the tour all riders will be provided with a cardboard bike box for their journey home. Our tour mechanic will assist with bike setup and bike packing.
- **Excess spare parts** – Many people overcompensate for the lack of spares available en route. Don't go crazy with spares as they are generally heavy and bulky. Chain, cassettes, chain rings, and other spares add up to a lot of weight. Choose wisely when deciding what to bring.