



Touring Equipment Checklist

Modify the following list of suggested items to suit your personal needs and past experiences. Keep in mind that you likely won't need any more gear for a 90-day tour than for a seven-day tour.

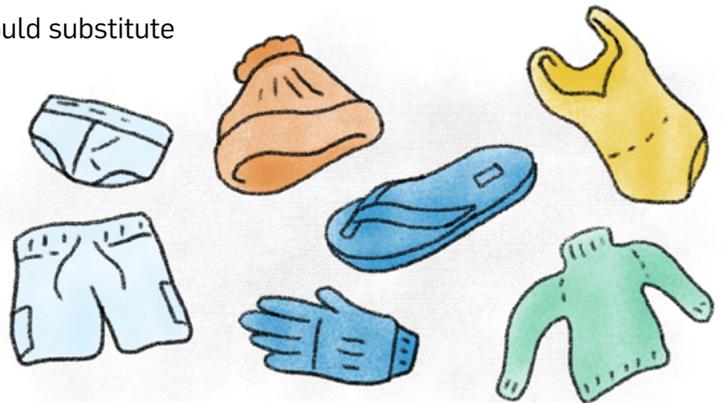
On-the-Bike Clothing

- Cycling helmet – CPSC approved
- Touring shoes – Good for walking as well as riding
- Cycling gloves
- Cycling shorts – One to three pair
- Socks – Wool or synthetic, two or three pair
- Leg warmers or tights – Rain pants could substitute
- Short-sleeved shirts – Two
- Light, long-sleeved shirt – For layering and sun protection
- Rain gear – Jacket and pants
- Waterproof shoe covers
- Sunglasses



Off-the-Bike Clothing

- Comfortable shorts
- Comfortable pants – Zip-off legs or rain pants could substitute
- Underwear
- Sandals – Flip-flops or lightweight shoes
- Hat – Wool or fleece
- Jacket – Fleece jacket or wool sweater
- Warm gloves
- Swimsuit



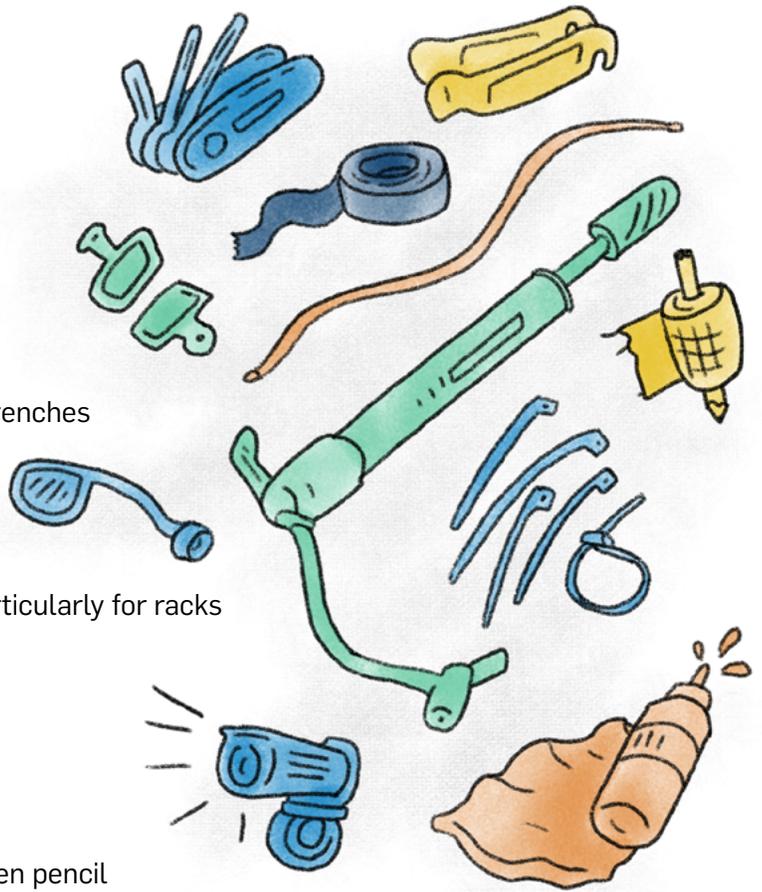
Miscellaneous

- Toiletries
- Towel – Lightweight to enhance quick drying, like the PackTowl
- Pocket knife or Leatherman multi-tool – Pliers and other tools are handy
- Lightweight lock and cable
- Water carrying bladders or containers – At least one U.S. gallon capacity
- Basic first-aid kit – With emergency numbers
- Bandannas – So many uses!
- Headlamp/flashlight
- Sewing kit
- Insect repellent
- Sunscreen
- Water filter
- Camera and journal
- Bear spray and cords – To hang bags where appropriate



○ Tools and Spare Parts

- ❑ Tire levers and patch kit
- ❑ Spare tube
- ❑ Spare tire – Depending on the trip
- ❑ Small bicycle tire pump
- ❑ Electrical tape
- ❑ Spoke wrench
- ❑ Spare spokes – Sized for your bike's wheels
- ❑ Allen wrenches
- ❑ Screwdriver
- ❑ Chain tool – Or a good multi-tool with allen wrenches and screwdrivers
- ❑ Small vice grips
- ❑ Spare brake cable
- ❑ Spare derailleur cable
- ❑ Extra nuts, hose clamp, bolts, and wire – Particularly for racks
- ❑ Assorted plastic zip ties
- ❑ Chain lube and rag
- ❑ Bicycle light
- ❑ Rearview mirror
- ❑ Spare brake pads
- ❑ Spare clipless-pedal and cleat bolts
- ❑ Duct tape – You can wrap some around a broken pencil to save space



○ Camping

- ❑ **Sleeping bag** – Down bags are warmer, weigh less, and pack smaller, but useless if wet. Synthetic bags are heavier and bulkier, but less expensive for comparable warmth and insulate when wet
- ❑ **Sleeping pad** – Closed-cell foam pads work well and are light, but modern, inflatable pads are more comfortable and packable
- ❑ **Lightweight tent**
- ❑ **Ground cloth** – Many uses, can extend the life of your tent's floor
- ❑ **Eating utensils** – Spork, cup, bowl
- ❑ **Sleeping bag liner** – A cotton sheet sewn in half works well for this, can be easily washed, helpful for warm nights
- ❑ **Small backpacking stove and fuel bottle(s)**
- ❑ **Cooking equipment** – Lightweight backpacking equipment works best

