

What do I Bring on My Cycle Touring Trip?

Biking for long distances with limited space and having to carry everything you will need is not something to take lightly. Packing for a tour is an art and a bit of a science. There is the question of absolute "musts" or the basics and items that would make the trip perhaps more pleasant or comfortable.

There is a fine line between carrying enough gear and too much. In my earlier days, I tended to bring WAY too much, and I suffered on those hills for it. On the other hand, being too much of a minimalist and you can also end up having a miserable trip by simply having what you need when most needed. To plan your packing list well requires a bit of research and often making some tough decisions.



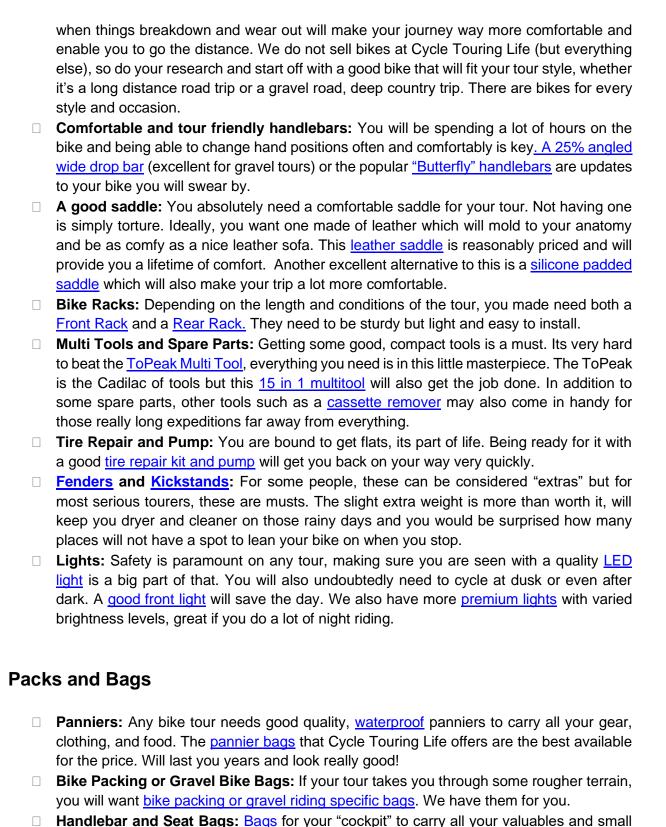
We have done a lot of this for you with this packing list. Use it in while you plan and tick off what you already have and what you need (or would really want).

Your cycle touring packing list will be broken down into the main parts listed here. You need gear for the bike, packs and bags, items for camping, and things to wear and perhaps gadgets. We have most of these for you, so read on.

Happy planning!

For the Bike

□ **A good Touring Bike:** Technically, you could use any old bike to tour, and many do. However, riding a bike that has a specific touring geometry and is sturdy and easy to fix



seat bags for your tools and spare parts. Get quality, waterproof bags to easily find and

carry these small items.

Camping Gear

	Shelter: Unless you are a "credit card" bike tourer, you will need <u>shelter.</u> A quality <u>tent</u> that is <u>ultra light</u> , easy to put up and will withstand heavy rain or winds is what is needed. For those that really want pack light, an excellent alternative is to pack along a <u>hammock</u> with <u>insect screening</u> and <u>tarp</u> . Both options are what cycle touring is all about.
	Sleeping Bag and Mat: After a long ride, you will need your sleep! A quality, warm and <u>ultralight sleeping bag</u> is a must. Make sure you also have a light <u>sleeping mat</u> that can also be used to sit too.
	Cooking and Water: Cooking is a big part of the joy of cycle touring. Having quality and <u>light gear</u> for this is important. A <u>small portable stove</u> , fuel bottle, <u>utensils</u> and <u>cooking</u> <u>ware</u> is some of the most important gear needed.
	First Aid and Survival Gear: Sometimes, small, or big emergencies happen. Being prepared and ready makes a huge difference. Make sure that you have a basic <u>First Aid</u> Kit, <u>a survival kit</u> (especially for touring far from civilization). You may also need to <u>filter your own water</u> if you are not able to get to a potable water source. Without clean water, you do not go very far. For those cold nights, an <u>emergency foil sleeping bag</u> would also come in handy. They weigh practically nothing and can be a life saver in bad weather.
Clothing, Shoes and Other Miscellaneous Items	
	Clothing and Shoes: The <u>clothes</u> you bring need to be of high quality (because you will wear them a lot) and comfortable. You need to be ready for the weather you ride in. A word of advice; bring less than you think you will need, and you will probably still have too much. So, make sure what you <u>wear</u> can suit your needs both on bike and off bike. We have some excellent examples here.

□ A good bike lock, chain lube, a light toiletry kit, and important documents in a waterproof sleeve are also a must.

☐ There is some down time and time for R&R, make sure you have some good books handy, pens, a good notebook and a camera (or just your smartphone) to record your amazing

□ Bring some duct tape, string and zip ties always come in handy.

□ Do not forget sunscreen, insect repellent and lip balm!

experiences.

What you end up bringing on your tour can help make the difference between an amazing experience to a miserable nightmare. So, bring everything you need but do it sensibly and wisely. Think light, high quality, multi-use and easy to use.

With that in mind and gearing up appropriately, you will be ready for an amazing ride!