

cycle touring and camping packing list

A packing list is very individual. One person doesn't want to go without this, another can't go without that. As a guideline, I'm providing my packing list for bike tours that last a few weeks and take place within Europe or in your home country. It has been developed over the years and is constantly being adjusted. You can modify it according to your needs.

Important things		...important little items	
	ID / copy		sun glasses
	passport / copy (if needed)		normal glasses (with diopters)
	vaccination card (if needed)		cycling glasses
	bicycle (spare) key		reading glasses
	cash		journal
	credit cards / pin code		note book
	train / flight ticket (?)		pen
	map		cord
	GPS with updated maps		whistle
	mobile phone / iPhone + charger		pepper spray
			nadel, yarn, safety pins
Electronic items			(Zip) plastic bags
	USB-sticks		earplugs
	powerBank		toilet paper, tissues
	headphones		
	camera + charger, tripod	Travel first aid kit	
	laptop + cable		band-aids, first aid kit
	Kindle		eye drops
			ibuprofen (pain killer)
Important little items...			Diclofenac (Voltaren)
	Headlamp		magnesium
	pocket knife		tick tweezers
	lighter		disinfecting spray

Clothes		...für das Fahrrad	
	down jacket		tensioning strap / net
	windbreaker		water bottles
	long (zip) pants		lock + extra key
	undies		extra inner tube
	bras		brake pads
	thermal underwear		pump
	T-Shirts		repair kit
	fleece sweater		tools
	pyjamas		rag
	hat		tire lever
	1 cycling shorts		oil / lubricant
	1 knee-length cycling shorts		duck tape
	2 short-sleeved cycling shirts		cable ties
	1 long-sleeved cycling shirt		
	helmet	camping gear / kitchen	
	cycling shoes		tent + tent pegs
	Cycling gloves (short + long)		footprints
	2 pair of socks + 1 pair warm socks		cotton sheet
	flip flops		sleeping bag
	Buff (neckwear)		sleeping bag liner
	rain pants		camping mat
	rain jacket		cup
	rain overshoes		plate
	leg warmers		cutlery
	swimwear		stove
			pot
For the bicycle			sponge
	rear panniers		coffee
	front panniers		tea
	handlebar bag		salt
	dry bag		honey
	front light		muesli
	rear light (+ Batterien)		peanut butter
	bicycle computer + batteries		

Washing items		others		
	towels			
	toothbrush			
	dental floss			
	toothpast			
	contact lense items			
	cream			
	soap			
	shampoo			
	body lotion			
	chap stick			
	sun cream			
	sun screen			
	mosquito repellent			
	laundry detergent			
	clothesline			

done
packed

to do,
still to pack

done
packed

to do,
still to pack