We hope you get great use from this checklist. We seeded the checklist, with the idea that you can modify or add items as needed based on the specific requirements of your trip. Safe travels!

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| --- | --- | --- | --- |
| **Cycling Related** | **Got it?** | **Camping Related** | **Got it?** |
| Maps / guidebook |  | Tent |  |
| Touring bike with rear rack |  | Sleeping bag |  |
| Panniers (rear) with rain covers |  | Sleeping pad / pillow |  |
| Panniers (front) with rain covers |  | Cooking stove (with fuel) |  |
| Handlebar bag |  | Pot and utensils |  |
| Fenders |  | Camp shoes |  |
| Cycling jersey |  | Camp shirt |  |
| Cycling pants |  | Camp shorts / pants |  |
| Cycling socks |  | Waterproof, breathable rain jacket |  |
| Cycling shoes with pedals |  | Warm jacket / synthetic fleece |  |
| Bike multi-tool |  | Flashlight / headlamp |  |
| Tire irons |  | Water bottles / hydration system |  |
| Helmet |  | Water treatment |  |
| Spare bike tubes |  | Assorted dry bags, heavy trash bags |  |
| Spare tires (if needed) |  | First Aid Kit |  |
| Bike pump |  | Sunscreen |  |
| Catchall bucket for unexpected repairs |  | Bug spray |  |
| Catchall for spare bike parts |  |  |  |
| Bike lock |  |  |  |
| Bungee cords and such |  |  |  |
| Electronic devices (i.e. speedometer) |  |  |  |
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