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

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.
**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