

# Packing List

## Suggested Items

### On the bike

- Bike
- Helmet
- Sunglasses
- Cycling jersey
- Baselayer
- Gilet
- Warm cycling jacket
- Bibshorts & baggies
- Gloves
- Socks
- Cycling shoes
- Sunscreen
- Bum cream
- Energybars/gels
- Energydrinks
- Cableties
- GPSunit
- Rainjacket
- Hydration pack
- Water bottles
- Pump
- Multi-tool
- Chainbreak & links
- Bombs
- Lube

### Off the bike

- Sleepingbag & pillow (Kudu tent)
- Towel
- Slops
- Cash & credit card
- Cellphone & chargers
- Headlamp
- Shorts & shirts
- Deoderant
- Shower gel
- Earplugs
- Arnica/Iceman
- Very warm jacket
- Tracksuit pants
- Underwear
- Camping chair (Kudu tent)
- Washing powder
- Pegs
- Plastic bag
- Recovery drink
- Hydration drink
- Pills & vitamins
- Hairbrush
- Lip balm
- Lock for tent