

Packing List

Compulsory Items

On the bike

- Bike
- Helmet
- Sunglasses
- Cycling jersey
- Baselayer
- Gilet
- Warm cycling jacket
- Bibshorts & baggies
- Gloves
- Socks
- Cycling shoes
- Sunscreen
- Bum cream
- Energy bars/gels
- Energy drinks
- Cable ties
- GPS unit
- Rain jacket
- Hydration pack
- Water bottles
- Pump
- Multi-tool
- Chainbreak & links
- Bombs
- Lube

Off the bike

- Sleeping bag & pillow
- Towel
- Slops
- Cash & credit card
- Cellphone & chargers
- Headlamp
- Swimming costume
- Shorts & shirts
- Deoderant
- Shower gel
- Sleeping pills
- Ear plugs
- Arnica/Iceman
- Very warm jacket
- Tracksuit pants
- Underwear
- Camping chair
- Washing powder
- Pegs
- Plastic bag
- Recovery drink
- Hydration drink
- Pills & vitamins
- Hairbrush
- Lip balm
- Lock for tent
- Beanie
- Reuseable coffee cup
for Seattle Coffee