

BIKE TOUR PACKING LIST

You can adapt this list to your personal needs. Items that are mainly relevant for multi-day tours are marked with an *.

Bike & Safety

- ☐ Mountain bike or gravel bike
- ☐ Cycling shoes
- ☐ Helmet
- ☐ Sports glasses / sunglasses
- ☐ Cycling gloves
- ☐ Knee and elbow pads

Bags & Backpacks

- ☐ Backpack, hip bag or hydration pack
- ☐ Frame bag
- ☐ Saddle bag
- ☐ Handlebar bag
- ☐ Top tube bag
- ☐ Drybags or waterproof stuff sacks
- ☐ Compression straps or additional bag attachments

Bike Apparel

- Short-sleeve and long-sleeve jersey
- Bike shorts or long cycling pants
- Padded cycling liner / liner shorts
- Functional base layer
- Cycling socks
- Rain jacket or windbreaker
- Spare shirt
- Headband, neck warmer or thin beanie
- Arm warmers and leg warmers
- Insulated jacket for spring or autumn tours
- Lightweight casual trousers and T-shirt for camp *
- Hut shoes or sandals *
- Extra jerseys, socks and underwear *

Tools & Spare Parts

- Multitool
- Spare tube
- Patch kit or tubeless repair kit
- Bike pump or CO2 inflator
- Tyre levers
- Quick link
- Cable ties
- Tape
- Pocket knife
- Spare derailleur hanger
- Additional spare tubes *
- Chain lube *
- Spare brake pads *
- Spoke key / spare spoke *

Personal Items

- ☐ Phone, fully charged
- ☐ ID
- ☐ Bank card / cash
- ☐ First aid kit
- ☐ Emergency information
- ☐ GPS device
- ☐ Physical map
- ☐ Sunscreen
- ☐ Lip balm with UV protection
- ☐ Chamois cream and blister plasters *
- ☐ Toothbrush, toothpaste, soap and microfibre towel *
- ☐ Power bank *
- ☐ Bivy bag or tent *
- ☐ Sleeping bag and sleeping mat *

Nutrition

- ☐ Water bottle or hydration bladder
- ☐ Enough water
- ☐ Snacks / energy bars
- ☐ Packed lunch for long rides
- ☐ Freeze-dried meals *
- ☐ Stove, pot, cutlery and cup *
- ☐ Water filter or purification tablets *