Bike Multiday Touring Checklist

Planning an overnight or longer bike tour? Our comprehensive gear checklist includes gear and storage options, accessories, repair items, clothing and more.



The Two Essentials

- [ ] Bike
- [ ] Helmet

Gear Storage

- [ ] Hydration pack
- [ ] Saddle (underseat) bag
- [ ] Handlebar bag
- [ ] Cargo rack plus trunk bag
- [ ] Panniers
- [ ] Trailer

Bike Accessories

- [ ] Headlight
- [ ] Taillight (with blinking option)
- [ ] Lock

- [ ] Cycling computer/GPS/cellphone with bike app
- [ ] Mirror (for handlebar or helmet)
- [ ] Fenders
- [ ] Water bottles with cages
- [ ] Straps/bungee cords
- [ ] Core Repair Items
- [ ] Spare tube or tubes (and/or patch kit)
- [ ] Pump
- [ ] Tire levers
- [ ] Cycling multi-tool (with Allen wrenches)

Additional Repair Items

- [ ] Pressure gauge
- [ ] CO2 inflator (with cartridges)
- [ ] Spare spokes (minimum of 6)
- [ ] Spoke wrench
- [ ] 6" adjustable wrench
- [ ] General-purpose multi-tool
- [ ] Assorted nuts and bolts
- [ ] Spare tire
- [ ] Chain tool
- [ ] Replacement chain links
- [ ] Lubricant
- [ ] Brake and derailleur cables
- [ ] Spare components
- [ ] Spare cleats
- [ ] Repair/duct tape

Camping Basics

- [ ] Sleeping bag
- [ ] Sleeping pad
- [ ] Tent or tarp

Basic Clothing

- [ ] Wicking jersey or top
- [ ] Padded shorts or tights
- [ ] Gloves
- [ ] Shoes suited to bike's pedals
- [ ] Cycling socks
- [ ] Buff/bandana/cap/skullcap

Weather Protection

- [ ] Rainwear
- [ ] Stowaway windbreaker
- [ ] Insulation layer(s) for cool air
- [ ] Weatherproof, full-fingered gloves
- [ ] Arm/leg warmers
- [ ] Visibility vest

Personal Items

- [ ] Eye protection (sunglasses or clear lenses)
- [ ] First-aid items (see our First-Aid Checklist)
- [ ] Medical info/emergency contact card
- [ ] Toilet paper/tissue
- [ ] Sunscreen
- [ ] Lip balm
- [ ] Insect repellent
- [ ] Chamois cream
- [ ] Small, quick-dry towel for cleanups
- [ ] Performance food/gels/drinks
- [ ] Guidebook or route description
- [ ] Maps
- [ ] Toiletries
- [ ] Off-day clothing
- [ ] Camera

- [ ] Cell phone
- [ ] Cash/credit card/ID

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