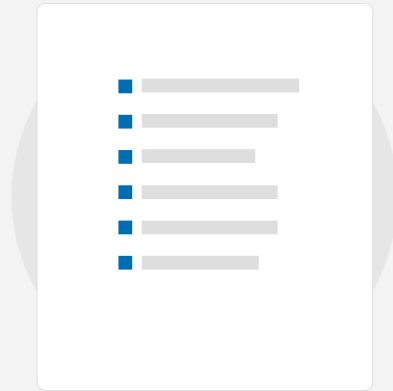


# Bike Multiday Touring Checklist

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

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☐ Cell phone

☐ Cash/credit card/ID

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