

SUGGESTED PACKING LIST

Suggested MAXIMUM				Number	Kgs	Packed	Suggested MAXIMUM				Number	Kgs	Packed
1 Bike Bits							5 Other Items						
1	Bike U lock/cable				1.1		5	Breakfast/snack bars	Optional		0.5		
1	Chain Oil				0.1		5	Backpack	Optional		0.3		
1	Chain oil screw top container (if flying)	Optional			0.1		5	Banking/wallet/purse/keys			0.2		
1	First Aid Kit				0.4		5	Blanket - light weight	Optional		1.0		
1	Gloves - plastic for greasy jobs	Optional			0.1		5	Bottle opener/corkscrew	Optional		0.1		
1	GPS and spare batteries/charger	Optional			0.3		5	Camera and spare batteries/charger			0.3		
1	Maps, itinerary				0.1		5	Clothes line, pegs (20)			0.1		
1	Pump				0.2		5	Insect repellent			0.1		
1	Puncture repair kit				0.1		5	Laundry mesh bag	Optional		0.1		
1	Spare Nuts/Bolts/Cables	Optional			0.2		5	Manual for cycle computer	Optional		0.1		
1	Spare Tyre	Must			0.5		5	Medication			0.1		
1	Tools - cassette remover/spare spokes	Optional			0.1		5	Mobile phone + charger	Optional		0.2		
1	Tools - chain whip	Optional			0.5		5	Pillow			0.1		
1	Tools - miscellaneous				0.6		5	Radio - AM/FM			0.2		
1	Tools - spanner for removing pedals	Optional			0.1		5	Sleeping bag + liner			1.0		
1	Torch				0.1		5	Spare spectacles			0.1		
1	Tubes	2			0.3		5	Sports drink powder	Optional		0.3		
1	Water Bottles (full)	2			1.6		5	Washing Powder - small quantity			0.2		
1	TOTAL WEIGHT					6.5	5	TOTAL WEIGHT					5.0
2 Cycle Clothing (includes what is to be worn that day)							6 Camping Bits						
2	Bandana/balaclava	Optional			0.1		6	Can opener			0.1		
2	Gloves - long fingered	Seasonal			0.1		6	Cup/mug			0.1		
2	Gloves - short fingered	1			0.1		6	D/washing detergent + scourer			0.2		
2	Heart rate monitor	Optional			0.1		6	Full supply metho/gas			0.6		
2	Helmet (compulsory)	1			0.4		6	Knife, fork, spoon			0.1		
2	Jumper	1			0.2		6	Plates	Optional		0.2		
2	Longs/leg ins	Seasonal			0.2		6	Reserve food supply			0.5		
2	Rain Gear				0.4		6	Seat - lightweight folding	Optional		1.0		
2	Shirt Sleeves	Seasonal			0.2		6	Sleeping mat			0.7		
2	Shirts	2			0.6		6	Sponge for drying tent	Optional		0.1		
2	Shoes				1.0		6	Stove with pots + matches			1.4		
2	Shorts with chamois	2			0.6		6	Tea towel			0.1		
2	Socks - quick dry	4			0.3		6	Tea, coffee, sugar	Optional		0.2		
2	Sunglasses				0.1		6	Tent			3.7		
2	Wind vest	Optional			0.1		6	Thermos	Optional		0.5		
2	TOTAL WEIGHT					4.5	6	TOTAL WEIGHT					9.5
3 Personal Hygiene							7 Stuff that I really don't need but I'd like to pack anyway						
3	Brush/Comb				0.1		7						
3	Chamois Towel				0.3		7						
3	Deodorant				0.1		7						
3	Face washer				0.1		7						
3	Ladies napkins/tampons	Optional			0.3		7						
3	Nail clippers/scissors	Optional			0.1		7						
3	Razor + blades	Optional			0.1		7						
3	Shampoo - replaces soap				0.3		7						
3	Suncream				0.1		7	TOTAL WEIGHT					-
3	Toilet roll - 1/3 in plastic bag	Must			0.1		8 Just how much am I going to have to push up hills						
3	Toothbrush, toothpaste				0.1		1	Bike Bits			6.5		
3	TOTAL WEIGHT					1.7	2	Cycle Clothing (includes what is to be worn that day)			4.5		
4 After Riding							3	Personal Hygiene			1.7		
4	Bras	Optional			0.3		4	After Riding			6.4		
4	Beanie	Seasonal			0.1		5	Other Items			5.0		
4	Gloves	Seasonal			0.2		6	Camping Bits			9.5		
4	Handkerchiefs	2			0.1			Bike			15.0		
4	Hat				0.1			Handlebar bag			1.3		
4	Jumper/Jacket	1			1.0			Panniers - 2 front			1.3		
4	Long Johns	Seasonal			0.3			Panniers - 2 rear			2.3		
4	Pants - long or short	2			1.5			Total Weight					53.5
4	Shirts - long or short	2			0.7		7	Add Stuff that I really don't need but I'd like to pack anyway					
4	Singlets	Optional			0.5			Add trailer empty weight					
4	Underpants	4			0.4			Less what has been excluded from the above list					
4	Walking shoes/sandals/thongs				1.2			This is how much I will be pushing up hills					
4	TOTAL WEIGHT					6.4							
Note: The above weights should only be used as a guide. The actual weights for items packed may vary from those listed													