

Bicycle Touring / Camping Checklist (not including food items)

Bicycle:

- air pump
- spare tube(s)
- patch kit with levers
- basic tool kit or bicycle multi-tool
- chain cleaning tool/degreaser
- chain lube
- water bottles
- head light, tail light
- bike lock
- tarp to cover bike from dew/rain

Camp:

- tent/groundcloth
- tarp
- sleeping bag/pad
- stove
- cook pot(s), coffee pot
- utensils (knife, fork, spoon pot holder, can/bottle opener)
- cup that can hold hot liquids
- stove fuel
- flashlight (bicycle headlight can perform double duty)
- food bag
- nylon cord (for hanging food bag)
- fire starter
- matches/lighter

Personal:

- Hot Weather Clothes
 - shorts
 - tee shirt
 - swim wear
 - flip flops
 - hat
- Cold Weather Clothes
 - long pants
 - long sleeve shirt
 - sweater/sweatshirt
 - jacket (wind proof)
 - hat
- Bicycle Clothes
 - helmet
 - gloves
 - glasses (one for day one for night)
 - shorts

- tights
- jacket (wind proof)
- socks
- shoes
- rain poncho
- Other
 - sunglasses
 - underwear
 - socks
 - shoes (walking)
 - bandana
 - handi-wipes for wounds or grease
- Toiletries
 - towel
 - flip flops (for shower)
 - tooth brush/paste
 - deodorant
 - hair brush
 - soap/shampoo
 - medications
 - baby powder

First Aid:

- ID bracelet
- band aids
- pain killers
- bug repellent
- tweezers
- small scissors
- antiseptic
- benadryl
- calamine lotion
- sunscreen
- eye drops
- mole skin
- anti-monkey butt/shear butter/baby powder

Extras:

- bungee(s)
- knife
- book
- camera
- journal
- pen/pencil/sharpen
- cell phone/ipad/charger