



# Packing Essentials List For Bikepacking

## Camp

- Tent / Shelter
- Sleep Mat
- Sleeping Bag
- Lightweight Camping Pillow

## Cook

- Stove & Fuel
- Cooking Pot
- Cutlery
- Knife
- Spoon For Stirring
- Cup + Bowl
- Tea towel + Sponge
- Lighter / Matches

## Food

- Porridge Oats
- Peanut Butter
- Dried Fruit
- Energy Bars
- Coffee & Tea
- Sugar
- Seasoning

## Miscellaneous

- First Aid Kit
- Water Purifier
- Dry Bags

## Clothing

- Cycling Shoes
- Cycling Socks
- Padded Cycling Shorts
- Over Shorts
- Cycling Jersey
- Second Layer
- Waterproof Jacket
- Waterproof Pants
- Insulated Jacket
- Cycling Gloves
- Cycling Glasses
- Neck Warmer
- Baselayer Top + Trousers
- Overshoes

## Evening Clothing

- Thermal Top
- Thermal Bottom
- Socks
- Fleece
- Gloves
- Underwear
- Batteries
- Toiletries
- Pain Killers & Medication

## Luggage

- Saddle Bag
- Frame Bag
- Handlebar Bag
- Tube bag
- Waterbottle Holders

## Electronics and Charging

- Power Bank
- Small Camera / Phone
- Headtorch
- Spare Memory Card

## Cycling essentials

- Multitool
- Inner Tubes
- Puncture Repair Kit
- Bike Lube
- Pump
- Chain Link
- Zip Ties
- Dry Bags
- Bike Lights
- Helmet
- Water Bottles