



# BIKEPACKING KIT LIST

## FOR THREE SEASONS

E = Essential S = Safety A = Additional

O = Own G = Gathered P = Packed

ITEM	E	S	A	MY ADVICE	O	G	P	NOTES
<b>Bikes &amp; Bags</b>								
Bike	✓			If you are new to bike packing, then the bike you have will be just fine to get out on the road and have a go with, you can make tweaks from there. You can bikepack on anything from a carbon road bike to a full-suspension mountain bike and everything in between.				
Tyres	✓			You just want an appropriate tyre for the terrain that has good puncture and sidewall protection. You are not trying to save a few grams here.				
Protective Tape For Frame			✓	Bike packing bags attached to your bike frame can damage the paintwork so add a layer of protection with some electrical tape at the bag attachment points.				
Saddle Bag	✓			This is the primary bag as it has the most space and therefore is great for bulky items. It attaches to your seat post and saddle rails.				
Handle Bar Roll Bag	✓			This is a great place to store lightweight items such as your sleeping bag. You want to keep the weight fairly light in here so that it doesn't alter your steering too much. You can buy a roll bag that attaches straight to the handlebars or a harness style which you can put any bag inside.				
Handle Bar Accessories Bag			✓	This is an optional extra, it's an additional smaller bag that attaches to the handlebar roll bag, a great place to put all the things you might need to get to throughout the day. Such as wallet, suncream, sunglasses, food, camera etc.				
Top Tube Bag	✓			Great for electronics so that you can charge things throughout the day. It may contain your battery power block, mobile phone and various cables which are able to reach your lights and GPS unit to charge while cycling.				
Food Pouch / Stem Bag	✓			Again these are optional extras, I tend to always ride with 1, some people like 2, others don't use them at all. Great for filling with snacks that you can graze on as you are peddling.				

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Frame Bag			✓	I have personally never used a frame bag, I have not needed the additional space and I also like having water bottles to hand when I ride. Off-road I also like the ease at which I can pick up my bike for difficult hike-a-bike sections, which is a bit trickier with a frame bag on. However, a lot of people love a frame bag for all the extra space it provides. You can also get a half frame bag, which if you have a bigger enough bike can sometimes allow you to have enough room to mount bottle cages.				
Backpack			✓	Not everyone likes riding with a backpack, but for certain trips, it can be a good additional option. Ultra-distance running packs are a good choice for off-road trips and an ultralight stuff-away backpack for road trips (they can weigh as little as 30g for an additional 18L of space when you need it...like after a bakery or supermarket stop).				
Aerobars / Handlebar Extensions			✓	For trips that have long stretches of flat straight road, then aerobars can be a godsend to give you another position to put your hands in, this can also really help prevent cyclist palsy. On straight handlebars you can change the grips for those that offer additional hand positions.				
Bottle Cages	✓			I generally prefer water bottles over a hydration bladder and therefore always have two bottle cages on my bike. Some journeys require both, but I wouldn't ride with just a hydration bladder. It's difficult to know how much fluid you have left.				
Bike Lock			✓	A very small lightweight lock, more as a deterrent than anything. A very secure lock would just be too much weight to carry.				
Bike Mirror		✓		Okay so it might not look cool, but for long-distance road cycling trips a small mirror (roadside obviously) that attaches to the bottom of your drop handlebars can save your bacon.				
Dry Bags	✓			Put everything in lightweight dry bags, not only to stay dry but to find things quickly. Even if you are buying waterproof bikepacking bags I would still put everything in dry bags inside.				
<b>Electronics</b>								
Bike Lights + Charging Cables + Bike Mounts	✓			You will need a back light to allow you to be seen if you are riding on the road. Your front light needs to be powerful enough to light up tracks in the dark, allowing you to keep riding if you need to, don't skimp on this. Also, make sure it can be charged while it's being used (not all can).				
Head Torch		✓		This is needed around camp, but it also helpful whilst riding at night so that you can see the GPS screen and your routing.				
Mobile Phone + Charging Cable		✓		Your phone will probably have many jobs, from making calls, taking pictures, updating social media, navigating, finding places to stay, looking up the weather etc. Some people use their phone as their navigation tool with Apps such as RideWithGPS or Komoot.				
GPS Device + Batteries or Charging Cable + Bike Mounts	✓			As I mentioned above some people use their mobiles with navigation apps on, but I prefer a dedicated GPS unit. For road cycling trips I tend to use a bike-specific unit with dedicated				

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				mapping features (charged via USB) such as the Garmin Edge Range, and for remote off-road journeys, I tend to use hiking orientated GPS unit such as the Garmin eTrex range (these often take AA batteries). GPS units and mobile phones can fail you though, always worth throwing in some paper maps as a back up (and compass if your heading off-road).				
Battery Power back + Charging Cable	✓			How often you will be able to recharge your power back will determine the size of it (and possibly even how many you take). Think ahead and top it up at every available moment.				
Dynamo Hub			✓	I have never used a dynamo hub but a lot of people do. I don't have a specific bike packing bike, so getting a dynamo hub set up on several bikes just hasn't really been something I have been able to justify, and not having one is yet to cause me a problem on both long trips or racing. But if you have the money then I think it is definitely something to look into as you can produce your own power as you peddle.				
Solar Panel			✓	If not using a dynamo hub, and planning a more remote journey where topping up the charge on your power pack via a wall plug is unlikely, then consider taking a solar panel with you and charge your power pack as you ride.				
USB Double Adaptor Wall Plugs	✓			Whenever you get an opportunity get your electrical or power back charging. Even if it's just 30 mins whilst you are having some lunch in a cafe.				
Watch			✓	When the battery life of your mobile phone is limited then I recommend taking a good old fashioned watch for telling the time and setting your morning alarm.				
Camera + Charging Cable	✓			You may also need spare memory cards and a mini tripod, chest mount, handlebar mount etc depending on what you intend to capture.				
PLB / Satellite Messenger		✓		Personal Locator Beacons and Satellite Messengers are quite expensive, but if you are heading out bike backing regularly or off on a long trip then they are a great investment. Both offer an SOS emergency feature, but the Satellite Messenger also allows you to update tracking maps and send messages to loved ones.				
Headphones			✓	Allows for some escape with music, podcasts or audiobooks. Stay safe and don't have your headphones in whilst riding on the roads.				
<b>Camping Equipment</b>				There are plenty of bikepacking trips that do not involve camping. You can stay at hostels, B&B's or hotels that you find along the route and therefore you will not need much of the kit in this section.				
Tent / Tarp / Bivvy	✓			For absolute simplicity you might want to look at a flat tarp or bivvy bag. Or if you are heading somewhere wet then maybe a tarp AND a bivvy. However, I like a tent so that I am away from the bugs, wind and rain. Look for tents that compress down to a small size so that the tent poles aren't too long for the bikepacking bags.				
Ground Sheet			✓	This is not always needed, depending on your tent/tarp/bivvy setup and the terrain you will be travelling across. A light and inexpensive make-do alternative is an emergency foil blanket.				

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Sleeping Bag	✓			A lightweight bag, or quilt, that has a really small pack size is going to be really important as storage space is so limited.				
Silk Sleeping Bag Liner			✓	You can greatly extend the temperature range of a lightweight sleeping bag by adding a silk liner, perfect for spring and Autumn.				
Sleeping Mat	✓			To save weight and space you are likely to take an air mattress over a foam cell. For races and trips where speed matters, then you will likely choose an ultralight mat and maybe even a 3/4 length one to save even more weight. For longer trips then I would suggest a slightly heavier more robust version.				
Pillow			✓	A lightweight inflatable pillow, at just 60g, can give you a better nights sleep. If you want to save the grams then your down jacket stuffed into a dry bag will do the job.				
Camp Stove	✓			Make sure you choose a lightweight stove that will be compatible with the type of fuel available along your route.				
Gas / Fuel	✓			As mentioned above, this will be determined by what type of fuel is available where you are heading, as you can't fly with any gas or fuel, so will need to buy on arrival and top up along the route as needed.				
Cooking Pot	✓			Titanium pots have great strength to weight ratio. They are quite expensive but will last forever ( I am still using the same pan 17 years on!) Pot size will depend on whether you are just heating water for dehydrated meal bags or whether you are cooking meals from scratch, and whether solo or in a pair or group. If going lightweight then use a small pot that also becomes your mug and bowl/plate.				
Water Bottles / Bladders	✓			Personal preference. On cold-weather trips, I will take a large cycling water bottle and a 1L wide-mouth Nalgene bottle (the Nalgene makes a great hot water bottle on cold nights). In hotter climates, off-road, I might consider a water bladder (which only ever has drinkable water in it), but will then also have 1 normal water bottle which I fill with water for cooking, or that might need boiling before drinking or is still yet to be purified or filtered etc.				
Emergency Fold Up Water Carrier			✓	On remote or off-road journeys a lightweight 3L water storage bag is useful. Then, if you know you have a very dry section up ahead, you can fill this to increase water capacity on the bike.				
Water Pump			✓	Not needed on most trips, but if you know you will be refilling your water supply from fast-flowing rivers regularly, then a pump is a necessity to remove physical matter and microbes from the water.				
Spork	✓			I would recommend a titanium one, plastic sporks break.				
Zip Lock Bags			✓	Great for storing food in. I am particularly partial to ordering two meals at a restaurant, putting one in a bag and eating it cold later down the road. Pasta works well for this.				
Lighter / Matches	✓			Bring both, just in case. Waterproof matches can be a good idea.				
Scourer / Sponge			✓	You only need a small piece and it weighs so little but is really paramount for keeping your pan usable if you plan to heat anything other than water.				

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Clothes Line / Spare Guy Rope			✓	A piece of ultralight tent guy rope can be used as a clothesline between trees or strung out between my tent and bike. When you only have very limited amounts of clothes, drying them quickly is paramount.				
<b>Cycle Clothing</b>								
Helmet	✓			I don't know why you wouldn't want to protect your head.				
Sunglasses	✓			Make sure your eyes are protected at all times. As well as sunglasses, a pair of cycling glasses with clear lenses for riding at night or in the rain are really useful.				
Cycle Shoes	✓			Is your trip on the road, gravel, off-road? How often will you be pushing your bike? Will you be eating in cafes and restaurants and wondering through towns and cities? Do you like cleated or clipless? I always wear cleated cycling shoes for all types of riding and tend to choose a shoe that has a rubberised sole with good traction and some flex, rather than a stiff race shoe.				
Cycle Gloves	✓			Gloves take a lot of trial and error to find what works for you. Personally I don't wear cycle gloves that much, but if I do, I wear a long-fingered glove with good gel padding in the palm.				
Cold Weather Gloves			✓	A heavier pair of warm long-fingered gloves can be a godsend, even in the summer, on those cold crisp mornings when you are on a long descent. If you are going somewhere really cold then invest in some Pogies.				
Waterproof Gloves			✓	Still looking for the ultimate waterproof cycle glove. I have even resorted to some rubber washing up gloves on a number of trips. But my current go-to is a Gortex over mitt that does a pretty good job.				
Socks	✓			Two pairs. Wash one, wear one. Merino wool is great, they wick moisture well and stink less.				
Waterproof Over-Booties / Waterproof Socks			✓	I have never had much luck with finding waterproof over-booties that stay waterproof, but other people swear by them. I like a thick pair of Sealskin waterproof socks if lots of rain or cold weather is likely. I also am a big fan of neoprene toe covers to keep the wind from freezing my toes.				
Cycle Jersey	✓			Tight or loose-fitting, long-sleeved or short-sleeved, pockets at the back or not, it is personal choice. For trips of more than a couple of days, I would recommend taking two tops, wash one and wear one.				
Sleeveless Wicking Base Layer			✓	I sometimes take one of these instead of a second cycle top. You can wear it on its own for really hot days, or wear it as a second layer under a cycle top on cold days.				
Cycle Shorts	✓			Tight lycra bib shorts, loose MTB/gravel shorts, or a pair of loose shorts over your lycra cycle shorts, it is up to you. Just make sure it is lightweight and quick-drying, most people appreciate the cycle-specific padding in specialist cycle shorts for long days in the saddle.				
Cycle Leg / Knee Warmers	✓			Knee warmers or leg warmers are such a convenient and simple way to help regulate your body temperature. But if you're not a fan, and are likely to have cold temperatures on your trip then take a pair of running tights.				

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Cycle Arm Warmers	✓			As above. If you don't use these then I would suggest one of your cycling tops has long sleeves.				
Insulated Gilet / Vest			✓	The temperatures you are likely to ride through will determine whether you need a mid-layer. I opt for a super lightweight insulated gilet, super warm but packs down to nothing. You may prefer a long sleeved fleece-lined mid-layer.				
Waterproof Jacket	✓			It's worth investing in and spending a little bit more money on if you can. Gortex jackets are ideal, they also are a great windbreak and can be used to layer up even when it's not raining. I actually using hiking jackets rather than cycling jackets.				
Waterproof Trousers	✓			Protection in the rain but also an additional layer if it's cold and windy, or they can be worn over your thermals in the evening if you need to go and get a meal somewhere.				
Lightweight Rain Poncho			✓	My must-take item, a cheap (£10) reusable waterproof rain poncho. I throw it on over the top of my clothes, even over my waterproofs, and I never get wet. It also goes over the top of the backpack.				
Cap			✓	Some people find this useful to wear under their helmet either to protect their face from the sun or the rain. A cycle specific ones fits best under a helmet.				
Buff			✓	Can be used in cold weather pulled up over your face, or you can wear it as a headband or hat. They can shade your neck from burning in the sun. Just a really versatile piece of kit.				
Reflective Safety Vest			✓	Only relevant if you will be road riding, Be safe, be seen!				
<b>Casual / Sleep Clothing</b>								
Down Jacket	✓			A nice warm down (or synthetic) jacket is like stepping into a massive warm hug at the end of a long hard day.				
Long-sleeved Base Layer Top	✓			Once you are out of your sweaty or wet cycling clothes get into this dry layer. You will probably sleep in this layer too.				
Thermal Base Layer Trousers	✓			Something suitable to wear around camp, or to go and get some food, but also sleep in if it's cold.				
Underwear	✓			After a long day in a padded chamois, knickers/pants are a welcome reprieve.				
Sleeping Socks			✓	A nice pair of warm dry socks to put on at the end of the day is bliss.				
Down Booties			✓	These are one of my luxury items that I take on cold-weather trips, I don't sleep well if I have cold feet, so for their weight, I find these invaluable.				
Flip Flops / Sandals			✓	Not something I ever take, but many people really like a change of footwear, for when they are in camp or towns etc.				
<b>Spares &amp; Repairs</b>				Different trips will require different tool kits. It's also worth remembering that you can't pack tools and spares for <b>every</b> eventuality!				
Bike Pump	✓			Don't just reach for the smallest and lightest pump, you will struggle to get enough pressure. I recommend something like the Topeak Road Morph G Pump.				

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Straps / Bungees			✓	Voile Straps would be my recommendation, so useful.				
Gaffa / Duck Tape	✓			An absolute must! Bombproof for quick fixes on many things. Wrap it around something like your pump to save space.				
Cable Ties			✓	These are a cheap, quick and surprisingly strong option to solve a number of issues that might crop up				
Multitool	✓			Make sure it has everything you will need including allen keys, torx keys, screw drivers and a chain breaker.				
Spare Inner Tubes	✓			I usually carry two spare tubes, and make sure I replace them at a shop at the earliest opportunity.				
Inner Tube Repair Patches	✓			On a long trip I would recommend a traditional puncture repair kit, and then some easy instant patches on all trips.				
Tyre Levers	✓			I like to take a pair of good quality plastic tyre levers but you will often find metal tyre leavers as part of your multitools.				
Tubeless Repair Kit	✓			You are likely to want to take tyre plugs and tool, a small pot of extra sealant and possibly a spare valve core as well as a valve remover. You will also need spare inner tubes and patches in case you need to switch back to tubes.				
Tyre Boots	✓			Buy specific sticky tyre boots or cut up an old toothpaste tube into a square. You can also sew up a split tyre with a strong curved needle & some dental floss, which will give the tyre boot a better chance of working.				
Spare Spokes & Nipples			✓	1 x front, 1 x rear drive side and 1 x rear non-drive side, nipple spanner and cassette remover (I use The Next Best Thing mk2). A 'Fiber Fix' emergency replacement spoke is a good option to get you as far as a bike mechanic/bike shop.				
Spare Gear & Brake Cable			✓	Have new cables on your bike before you depart on a big trip, and if it's a long trip, then it might be worth taking a spare cable.				
Spare Brake Pads	✓			On longer trips, it's definitely worth taking some spare pads with you.				
Magic Chain Links / Spare Chain Length	✓			Take a couple of magic quick-links and some regular chain links (plus the connecting pins).				
Small Bottle of Lube			✓	If you are heading out for more than just a couple of days, you will want to clean and re-lubricate your drivetrain for optimal performance. Take a small cloth for cleaning, and maybe an old mini travel toothbrush for cleaning cogs.				
Grease			✓	If you are heading out on a longish journey, then decant a small amount of bike grease into a little travel pot.				
Gloves For Bike Repair			✓	Thin cheap surgical gloves that pack down to nothing. To protect you from getting grease from your hands onto your clothes throughout the day mainly.				
Spare Derailleur Hanger	✓			These are prone to getting bent or breaking, so I would say this is a must for long trips on rough terrain.				
Spare Bolts & Washers			✓	Such as; chainring bolt, brake pad bolt and spare cleat bolt (I have lost cleat bolts on a number of trips).				
Spare Tyre			✓	I have never carried one, but I know some people do if on a round-the-world or such like.				

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Leatherman			✓	Really useful to have a small pair of pliers to help with bike repairs, as well as a knife and scissors etc for cooking needs or first aid.				
Tenacious Tape			✓	If you're on a long trip, then this self-adhesive tape is fantastic for providing long-lasting repairs to tears or rips on almost any surface, particularly things like your tent fabric or waterproof jacket.				
Super Glue			✓	Because it's super handy.				
Curved Needle & Dental Floss			✓	Great for repairing many bits of kit, from bag straps to large gashes in tyre sidewalls.				
Tent Pole Repair Tube			✓	Having had a tent pole destroyed in a storm, I now always take a tent pole repair splint. You might then need to duck tape it into place.				
Sleeping Mat Repair Kit	✓			Punctures in your sleeping mat do happen and it is a really big spoiler to your day/trip if you can't repair it.				
Stove Service Kit			✓	If a service kit is applicable, usually liquid fuel stoves, and if the trip is quite long.				
<b>Hygiene</b>								
Tooth Brush & Toothpaste	✓			I often take dry powdered toothpaste, as it weighs a lot less than normal toothpaste. A mini travel-sized toothbrush saves weight and space.				
Spare Hairband			✓	If you have long hair and your hair bad snaps it can be very frustration so take a spare just in case				
SPF 30 Suncream	✓			Just wear it! It's easy to not feel like you are catching the sun when you are cycling because of the cool breeze that's created whilst moving, but you will probably be burning.				
Lip Balm SPF	✓			This is not a luxury item, hot or cold weather your lips take a hammering in the wind when your cycling along and can blister badly. So an SPF lip balm is a must in my opinion.				
Soap			✓	Not something I would pack on a short trip or bikepacking race (embrace the stink or make do with what you stumble across in public services along the way). However, on much longer journeys a biodegradable soap that can be used for cleaning yourself, your clothes and your cooking pot is the best weight saving option.				
Travel Towel			✓	A small microfibre towel is something I would only take on a long journey of more than a couple of weeks.				
Insect Repellent			✓	A must in most parts of the world, if like me you always get eaten alive! A mosquito head net may also be necessary, if you know they are going to be bad.				
Water Purification Tabs			✓	Whether you'll need to purify your water will depend on how remote your trip takes you. However, I think it's worth taking some tabs anyway, as they weigh next to nothing, and then whenever you are unsure about a water source you will be able to have peace of mind.				
Toilet Paper	✓			You will learn to use it more sparingly than you might normally, but try not to run out!				

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Foil Blanket		✓		If you are not camping, and therefore do not have a tent and sleeping bag to get into in an emergency, then a foil blanket is a MUST. You can also buy emergency foil bivvy bags which are even better. Great for a quick power nap on the side of the road too.				
<b>Medical</b>				Disclaimer: This medical kit is what I have found works for me over the years based on advice and training from my expedition doctors. Please obtain your <b>own</b> personal medical kit advice from <b>your</b> doctor.				
Haemostatic Gauze		✓		These are possibly only needed if you are heading to remote locations where emergency services will be slow to reach you. Can help save a life when someone is bleeding out of control.				
Zinc Oxide / Strappal Strapping Tape	✓			This is just the BEST tape thanks to its versatility. It can be used as strapping to prevent injuries, like a plaster to protect wounds but most commonly used as a second skin against friction sores like blisters.				
3M Coban Wrap			✓	This is an amazing lightweight self-adherent elastic wrap that sticks only to itself. It is wide like a bandage but will not slip, so no need for frequent readjustment. Great for binding ankles and knees.				
Rehydration Sachets		✓		Dehydration usually occurs during and after physical exertion (sports) and at high temperatures. Excessive perspiration, vomiting, diarrhoea, fever, burns or the use of certain medicines can also lead to dehydration symptoms.				
General Essentials		✓		Steristrips, Triangular Bandage, Antiseptic Wipes, Betadine, Eye Wash, Orajel Extra Strength (Local anaesthetic for the mouth), Sterile Dressing, Anti-inflammatory Gel 2%, Paracetamol Pain Killer, Ibuprofen Anti-inflammatory, Imodium Anti-diarrhoea, Tick Remover, Safety Pin, Micropore Tape, Antihistamine, Hydrocortisone Ointment, Fabric Plasters, Surgical Gloves.				
Remote Wilderness			✓	For remote wilderness, where rescue was unlikely or going to be very slow, then I include: Antibiotic – Co-amoxidav, Antibiotic – Metronidazole, Antibiotic – Ceftriaxone (needles and syringe needed for this), Intravenous Needles (hospital use), Steroid for Inflammation – Prednisone, Strong Antihistamine – Inorial, Acute Altitude Sickness – Diamox (if at high altitude), Mild Altitude Sickness – Ibuprofen.				
<b>Other</b>								
Waterproof Pouch			✓	To keep your important documents and cash dry.				
Credit Card & Cash	✓			Spread it out in various places on you and the bike... just in case the worst happens and your bike or bag gets stolen!				
Emergency Contact Info	✓			If I am riding solo then I wear a band on my wrist which has two emergency phone numbers on it and my blood group etc.				
Photo ID & Travel Insurance	✓			Take a printed copy with you and leave a copy with an emergency contact at home.				
Notebook & Pen			✓	Create a summary of the day somewhere. I tend to use a voice recorder app on my phone and then write it up once I get home, but some people prefer a good old notebook and pen.				