

# Packing list

Preparation is everything *...cycle happy!*

Longer Tour - lasting several days (with a tent):

## **Bicycle accessories**

- Two separate rear pannier bags
- Handlebar or saddle back & front pannier bag
- Lights
- Air pump
- Lock
- Bottle & bottle holder
- Storage bags

## **Hygiene & health**

- First Aid Kit
- Toiletry bag & personal toiletries
- Microfibre towel
- Sunscreen
- Insect repellent
- (Sports) Ointment
- Toilet paper

## **Cycling clothing**

- Cycling shoes
- Cycling socks
- Cycling shorts
- Cycling trousers or leg warmers
- Cycling shirt
- Arm warmers
- Rain trousers
- Rain jacket or rainproof windbreaker
- Helmet, tube scarf (optional)
- Travel and/or casual clothes for time not spent cycling
- Cycling gloves & overshoes (optional)

## **Tools & spares**

- Repair kit
- Spare tube
- Multi tool
- Tire lever
- Duct tape
- Foldable spare tire
- Oil
- Rag
- Chain tool & spoke wrench
- Fitting ring & combination wrench
- Spare screws
- Spare spokes
- Spare brake & gear cables
- Spare brake shoes
- Spare chain links

## **Camping & cooking accessories**

- Tent
- Sleeping bag
- Sleeping mat
- Tent repair kit
- Stove & fuel
- Crockery & cutlery
- Mug, dishes, pots
- Seasoning, salt, pepper
- Foldable water container
- Dish cloth
- Dishwashing liquid & dish sponge

## **Miscellaneous**

- Sunglasses & case
- Headlamp
- Penknife
- Lighter
- Detergent & clothesline
- Camera & batteries
- Maps
- ID card & cash
- Plastic/garbage bags

**GLÜCKS-ROUTEN.DE**

Cycling Region Glückstadt

