



You've heard it before, but you can never hear it enough—plan to pack according to weather. A three-day tour through arid terrain will differ greatly, climate-wise, from a pedal through rainforest-lined asphalt. Also, while you do have those panniers to carry your load, still aim for the less-is-more approach; it'll increase your balancing ability, reduce weight drag, and give you spare room for that must-have purchase (perishable or otherwise) that you encounter mid-route, especially if you're weaving into small towns while touring. For the heavily-laden, also consider one of the new towing trailers that you can attach to your bike—they even have some out there now that can handle most singletrack routes (albeit slow-going).

ALL-SEASON CLOTHING

- Helmet
- Jersey
- Wicking tee
- Wicking long-sleeve
- Arm and leg warmers
- Fleece vest/jacket
- Cycling shorts
- Wicking underwear
- Soft-shell pants
- Cycling shoes
- Off-bike footwear
- Wicking socks
- Padded cycling gloves
- Non-cycling convertible pants

WET-OR-COLD-WEATHER ADD-ONS

- Waterproof/breathable jacket and pants (hard or soft shell)
- Waterproof/breathable gaiters
- Weather-resistant gloves or overgloves
- Goggles
- Helmet liner, skullcap, or stocking cap
- Mid- or expedition-weight base layers

TRAVEL GEAR

- Handlebar bag (with clear map slot)
- Front and rear panniers with rain covers
- Seat bag
- Hydration pack
- Water bottles

- Headlamp
- Batteries
- Headlight/taillight
- Rearview mirror
- Bungee cords/compression straps
- Accessory cord (25+ feet)
- Lock
- Maps/guidebooks
- Cyclometer
- GPS
- Cell phone/PDA
- Watch with altimeter and alarms

TOOLS/SPARE PARTS

- Spare tubes (2+)
- Spare tire
- Spare spokes (6+)
- Bike-specific multi-tool (with spoke wrench, allen wrenches, screwdrivers, etc)
- Multi-tool (with vise-grip/needle-nose pliers, knife)
- Spoke wrench (sized for your spokes)
- Compact tire pump/gauge
- Tire levers
- Adjustable crescent wrench (6-inch)
- Patch kit
- Chain lube
- Chain tool
- Spare chain link
- Brake/derailleur cables
- Assorted nuts and bolts
- Duct tape
- Emergency whistle

 **CAMPSITE**

- Tent, tarp, or bivy sack
- Sleeping bag
- Sleeping-bag liner
- Sleeping pad
- Pillow case (to stuff with clothing)

 **KITCHEN**

- Stove/fuel
- Pot (two-quart or smaller)
- Pan or smaller pot
- Pot gripper
- Fold-up plate/bowl
- Utensils
- Scrounge pad
- Water filter/purification tablets
- Waterproof matches
- Dehydrated meals
- Energy bars/gel packs
- Electrolyte powdered drinks

 **FIRST AID**

- Aspirin/ibuprofen
- Bandages/gauze pads
- Elastic bandage
- Blister kit/moleskin
- Antiseptic ointment
- Poison ivy/oak cream or remedy
- Anti-chafing products
- Antihistamine
- Cold medicine
- Tweezers

 **PERSONAL ITEMS**

- Sunglasses
- Sunscreen
- Lip balm

- Insect repellent
- Quick-dry camp towel
- Toothbrush/paste
- Biodegradable soap/antibacterial wash
- Shampoo
- Washcloth
- Nail clippers
- Toilet paper
- Petroleum jelly



 **OPTIONAL**

- Camera (and lenses, film/memory cards)
- Batteries
- Camcorder
- Voice recorder
- Heart rate monitor
- Audio player
- Swimsuit
- Journal and pens
- Books