

THINGS to CONSIDER taking Touring

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(If renting a bike, still consider/check/negotiate these bike bits ...)

Pedals

Saddle

Bike lock

Handlebar gadgets, mounts

Bike lights

Saddle-bag

Spare tubes

Tyre-levers

Puncture-repair kit

Pump

Chain-breaker, links

Brake/gear cable

Kevlar Spoke (e.g. FiberFix)

Rear-viz mirror

Helmet

Disposable gloves

Wet ones

Chux wipes

Travel docs x 2

Spare glasses

Pens

Eye mask

Head-torch

Sun-cream

Chap-stick

Mini hair-brush

Travel blanket

Travel sheet

Inflatable pillow

Microfibre towel

Super serviettes

Mobile phone

SD card

USB adaptor

USB cables (lights, phone)

Power bank

Battery shaver

Toiletries

Medication

Tissues

Travel clothes-line

Pegs

Plastic bowl, spoon, knife

Cycling shoes/sandals
Cycling shorts x 2
Cycling tops x 3 (1 long-sleeve)
Sun-block sleeves x 2
Cycling rain-jackets x 2 (flimsy, serious)
Cycling socks x 3
Cycling gloves x 2 (1 short-, 1 long-finger)

(If overseas ...)

Passport
Rail Pass
Power-adapter
Phone SIM/SD eject pin