

GUIDE TO SETTING UP A TOURING BIKE

*USING "WILDERNESS" PANNIERS

UNDER SADDLE BAG

- Puncture repair kit
- Phone money
- Cloth tape (for blown tyre)
- Pencil chalk

Tent complete with built-in floor, fly, poles, pegs & ropes all in its own stuff sack & strapped to rear rack with 2 straps & buckles, not ockey strap.
Sponge-for tent & ground sheet wiping down

On road seating mat

REAR RACK

- Vestibule sheet
- Ground sheet

Battery powered flashing rear light

STRAPPED TO SIDE OF R/H

REAR PANNIER

- Cup (yuppie set)

R/H REAR PANNIER POCKET

- 1 pair arm warmers
- 1 pair cycling longs
- 1 pair over shoes in bread bags
- 1 pair thermal gloves
- 1 bathing cossie

R/H REAR PANNIER

(All in waterproof stuff sack)

- Toiletry bag (including ear plugs)-tooth brush & paste
- Camp shoes
- 2 pair knicks
- 2 riding shirts
- 2 camp shirts
- 2 pair riding socks
- 1 pair thermal socks
- 1 thermal top/singlet
- 1 wind cheater
- 1 belt
- 1 pair light weight pants
- 1 pair light weight shorts
- 1 pair light weight runners
- 1 pair light weight going out shirt
- 2 jocks
- 1 thermal cap that covers ears
- 1 pair "Long Johns" top & bottom
- Spare film
- Camera flash unit
- 4 litre empty water bag

R/H FRONT PANNIER MESH POCKET

- 1 bot of fly/mosquito cream repellent
- Plastic camp shovel

R/H FRONT PANNIER SIDE POCKET

- 3 snap lock bags containing washing powder for 3 individual loads
- 1 bottle dish washing liquid
- 1 pegless clothes line
- Sewing kit

BUM BAG

- Sun hat
- Sun tan lotion
- Pkt of tissues
- Wallet with phone card, credit card

Pocket knife in sheath (consisting of blade, cork screw, bottle opener, can opener, scizzors, tweezers).

- Map holder
- Battery powered riding & camp light

Velcro strap

Bell

Pump

Water

Water

Ment's

HANDLEBAR PANNIER

- Towel or "trackie top" (camera cushioning)
- Camera
- Munchies
- Snap lock bag-diary
- pencil/pen
- maps

- Strap for day bag use
- Metho in squirt bottle (for cleaning glasses)
- Reading glasses in case

HANDLEBAR PANNIER

FRONT POCKET

- Lip balm
- Glucose tablets or barley sugar
- Small bell (bike alarm)
- Snap lock bag-tissues
- toilet paper

Telescopic fishing rod strapped to side of rack

R/H FRONT PANNIER

(All in waterproof stuff sack)

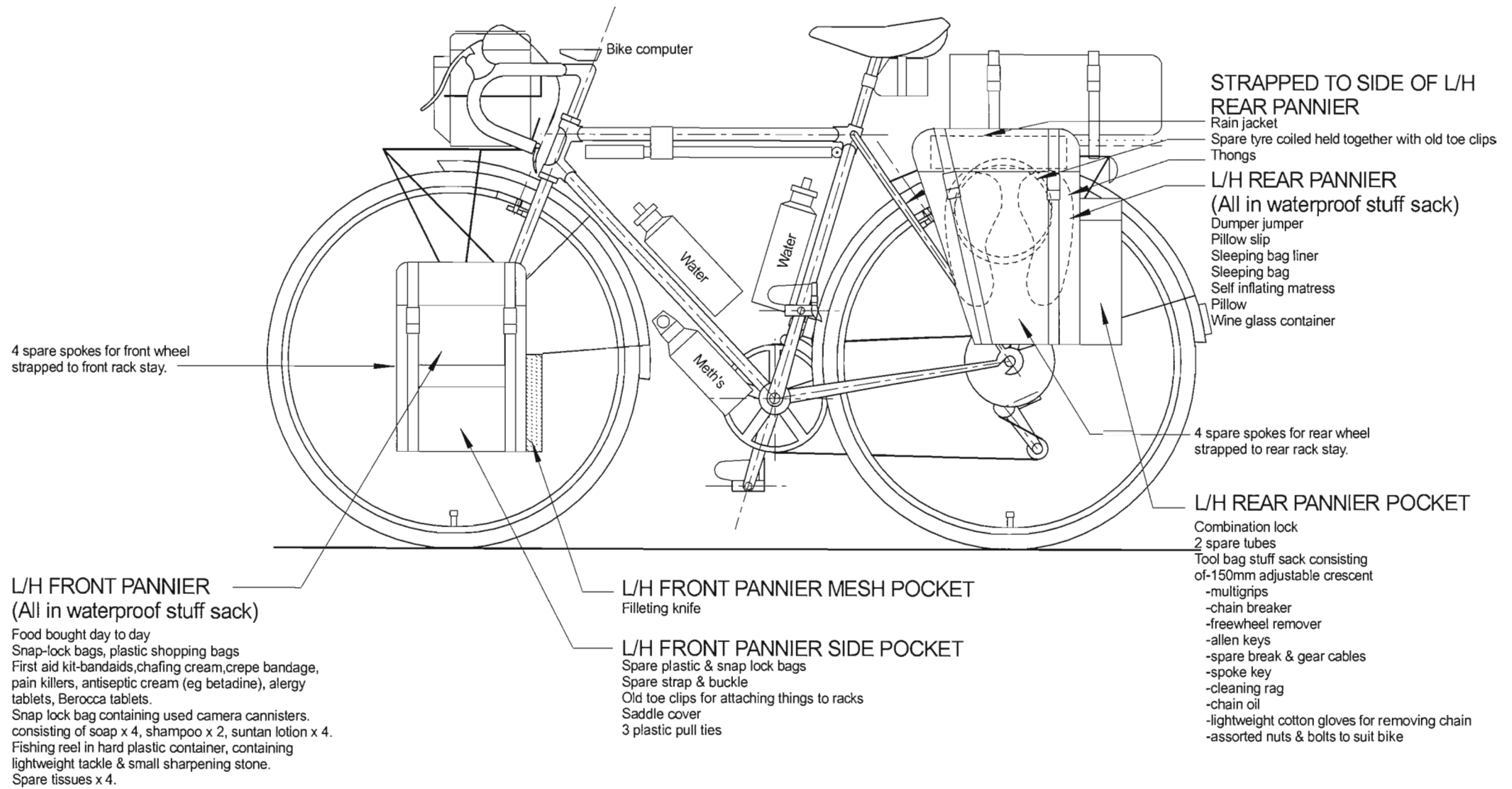
- Large snap lock bag containing-tea,coffee,milo
- sugar
- cereal
- mueslie bars
- cooking oil
- food condiments in empty camera cannisters
- 1 set of plastic spoon,knife,fork
- 1 plastic plate
- 1 plastic bowl
- 1 wooden spoon
- 1 sponge
- 1 small cutting board
- "TRANGIA"-matches
- "T" towel
- scourer
- plastic "T" spoon
- Candle lantern with matches



- Helmet
- Sunglasses
- 1 pair mits
- Touring shoes
- Key for lock
- Whistle



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4 spare spokes for front wheel strapped to front rack stay.

L/H FRONT PANNIER (All in waterproof stuff sack)

Food bought day to day
 Snap-lock bags, plastic shopping bags
 First aid kit-bandaids, chafing cream, crepe bandage, pain killers, antiseptic cream (eg betadine), allergy tablets, Berocca tablets.
 Snap lock bag containing used camera cannisters. consisting of soap x 4, shampoo x 2, suntan lotion x 4.
 Fishing reel in hard plastic container, containing lightweight tackle & small sharpening stone.
 Spare tissues x 4.

L/H FRONT PANNIER MESH POCKET
 Filleting knife

L/H FRONT PANNIER SIDE POCKET
 Spare plastic & snap lock bags
 Spare strap & buckle
 Old toe clips for attaching things to racks
 Saddle cover
 3 plastic pull ties

STRAPPED TO SIDE OF L/H REAR PANNIER

Rain jacket
 Spare tyre coiled held together with old toe clips
 Thongs

L/H REAR PANNIER (All in waterproof stuff sack)

Dumper jumper
 Pillow slip
 Sleeping bag liner
 Sleeping bag
 Self inflating mattress
 Pillow
 Wine glass container

4 spare spokes for rear wheel strapped to rear rack stay.

L/H REAR PANNIER POCKET

Combination lock
 2 spare tubes
 Tool bag stuff sack consisting of-150mm adjustable crescent
 -multigrips
 -chain breaker
 -freewheel remover
 -allen keys
 -spare break & gear cables
 -spoke key
 -cleaning rag
 -chain oil
 -lightweight cotton gloves for removing chain
 -assorted nuts & bolts to suit bike