

# 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. Sponge-for tent & ground sheet wiping down

- Map holder
- Battery powered riding & camp light

## HANDLEBAR PANNIER

- Towel or "trackle 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

## REAR RACK

- Vestibule sheet
- Ground sheet

Battery powered flashing rear light

## STRAPPED TO SIDE OF R/H REAR PANNIER

- Cup (vupple seat)

## 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 locks
- 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

## BUM BAG

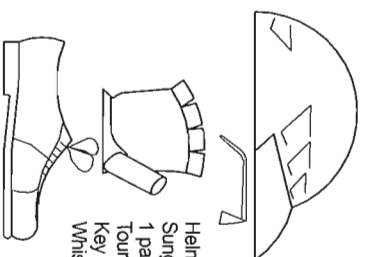
- Sewing kit
- Sun hat
- Sun tan lotion
- Pkt of tissues
- Wallet with phone card, credit card

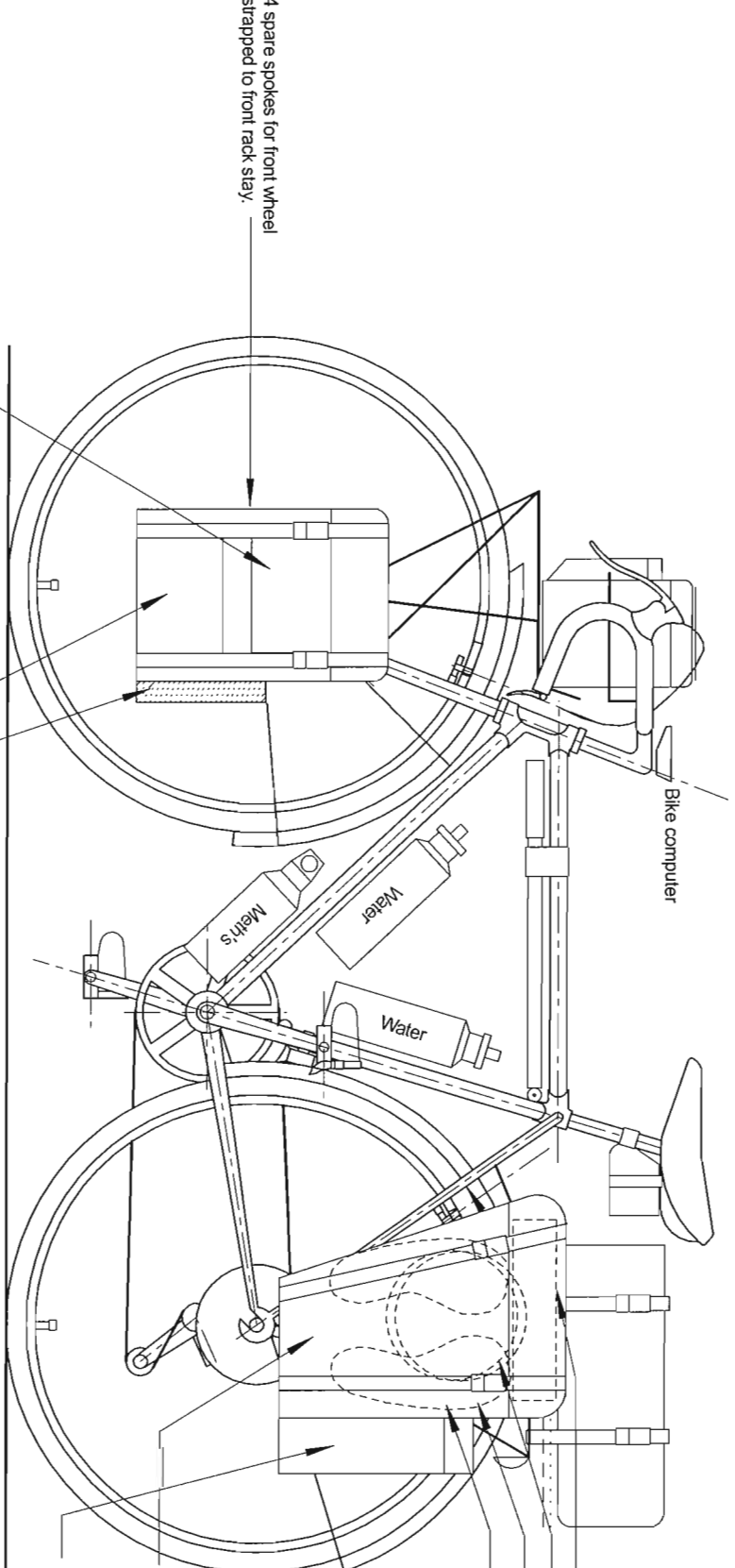
Pocket knife in sheath (consisting of blade, cork screw, bottle opener, can opener, scizzors, tweezers).

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
- muscle bars
- cooking oil
- food condiments in empty camera canisters
- 1 set of plastic spoon, knife, fork
- 1 plastic plate
- 1 plastic bowl
- 1 wooden spoon
- 1 sponge
- 1 small cutting board
- 1 small cutting board
- "TRANGLIA"-matches
- "T" towel
- scourer
- plastic "T" spoon
- Candle lantern with matches





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

Bike computer

Water

Water

Meat's

STRAPPED TO SIDE OF L/H

REAR PANNIER

Rain jacket

Spare tyre coiled head together with old toe clips

Thongs

L/H REAR PANNIER

(All in waterproof stuff sack)

Durper 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

-multitips

-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

L/H FRONT PANNIER MESH POCKET  
Filling 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

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

Food bought day to day

Snap-lock bags, plastic shopping bags

First aid kit: band-aids, chaffing cream, crepe bandage,  
pain killers, antiseptic cream (eg betadine), allergy

tablets, Berocca tablets.

Snap lock bag containing used camera canisters.

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.