

## Cycle Touring Association of WA (Inc)

### Suggested Packing List for Cycle Touring

Please note that this compilation is intended as a guide only. Delete or add items to suit your particular requirements and keep your needs to a minimum.

#### Camping Equipment

Waterproof tent	Sleeping bag
Ground sheet	Sleeping bag liner
Self inflating mattress (eg Therm a Rest)	Small inflatable pillow

#### Cooking / Eating Equipment

Stove and fuel	Unbreakable plate, bowl and mug
Matches / lighter	Cutlery
Cooking pots and pans	Dish washing liquid (small amount)
Can opener (Swiss Army Knife)	Scouring pad
Additional water container / bladder	Dish towel

#### Food (Small quantities for emergency)

Dehydrated food	Powdered milk
Cup a soup	Coffee / tea / milo
Fresh / dried fruit	Trail mix
Bread / crackers	Muesli bars
Breakfast cereal	Biscuits
Rice / noodles / pasta	

#### Bicycle Kit

Water biddons x 2	Computer
Pump	Insect repellent
Bicycle lock	Nylon strap with buckle
Sunscreen	Maps
Pannier bags – with plastic liners	Handle bar bag
Toilet paper	Mobile phone
Money / credit card	First Aid kit
Camera	ID for emergency details
Medicare card	Basic tools and spares (see list)

#### Basic Tools and Spares

Tyre levers	Cleaning rag
Tubes x 2	Spare tyre (fold up if available)
Spokes and spoke key	New puncture repair kit
150mm adjustable spanner	Allen keys
Screw drivers	

### **Comprehensive Tools and Spares**

Assorted nuts and bolts  
Cassette lock ring tool  
Spare pannier hooks  
Gaffer tape  
15mm spanner  
Chain lube  
Chain repair links / pins  
Grease

### **Cycle Clothing**

Knicks / cycling shorts  
Colourful tops short / long sleeved  
Socks  
Thermal top  
Arm warmers  
Touring shoes  
Long cycling tights

### **Casual Clothing**

Light weight trousers / skirt  
Underwear  
Shorts  
Tracksuit  
Bathers  
Beanie

### **Accessories**

Clothes washing powder / liquid  
Ear plugs (anti disturbance appliance)  
Torch  
Sitting mat  
Saddle cover (plastic cover for rain)

### **Toiletries**

Toothbrush / paste  
Shampoo  
Comb / brush  
Mens needs  
Towel

Teflon tyre liner  
Crank removing tool  
Cable ties  
Cone spanners  
Small pair multigrips  
Chain breaker  
Assorted ball bearings  
Break and gear inner cables

Sun glasses  
Reflective vest and anklets  
Raincoat  
Overshoes (for rain protection)  
Gloves  
Helmet  
Windcheater

Light weight shirts / blouses  
Socks  
Shoes (joggers / thongs)  
Jumper  
Sun hat

Pegless clothes line  
Snap lock plastic bags  
Whistle  
Multi size basin plug (2mm x 80mm)

Soap  
Deodorant  
Tissues  
Ladies needs