



THE ULTIMATE BIKEPACKING CHECKLIST

WHAT TO TAKE ON THE BIKE TRIP, WHAT NOT?

On Your Body

- Helmet
- Cycling Glasses
- „Buff“/Bandana
- Baselayer (according to the weather)
- Jersey (according to the weather)
- BIB (according to the weather)
- Socks (rainproof if necessary)
- Cycling Shoes
- Overshoes (je nach Witterung)
- Rainjacket (also works as a windbreaker and for evenings)
- Gloves

nice to have:

- Beanie

On Your Bike

- two large drinking bottles
- Lighting (if nightride is planned)
- Mount for navi or smartphone



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Sleep

- Sleeping bag
- Hammock/isle mat (depending on preference)
- Changing clothes (for night, T-shirt, underwear, pants, if necessary sweater or other warm clothing depending on the weather).
- Warm jacket (Alternative for warmer temperatures: use rain jacket)

nice to have:

- Tarp/Tent
- Slippers/Sandals
- Oropax
- Extra pair of socks

Hygiene

- Toothbrush
- Toothpaste
- Lip balm (for cold)
- Sunscreen (for sunshine)
- Tissues/toilet paper
- Medication (for example, allergy medications)

nice to have:

- Mosquito/Insect Spray
- Wipes
- Towel

Electronics

- Navi
- Smartphone
- Powerbank
- Cables for the devices

nice to have:

- Headlamp (very helpful for example when pitching a tent in the dark)

Miscellaneous

- Rescue Blanket/First Aid Blanket
- Tool set (inner tube, tire levers, pump, multitool)
- Gym bag (for example, for shopping, transporting, or as a pillow at night).
- Cash
- most important cards (ID card, health insurance card, Bahncard...)
- Cable ties
- Chain lube

nice to have:

- (Mini) bike lock
- Wallet with bank card(s)
- Mini spare parts set (takes up little space, but can be very helpful: spare derailleur hanger, chain lock, derailleur cable)



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