

PILGRIM'S COMPANION

www.pilgrimscompanion.com

EQUIPMENT CHECKLIST (SUGGESTED FOR 3-7 DAY TOUR)

Biking clothes:

- ☐ Helmet
- ☐ A pair of firm-soled trainers/cycling shoes
- ☐ 2-3 pairs of socks
- ☐ 1-2 cycling shirts
- ☐ A base layer
- ☐ 1-2 pairs padded cycling shorts (or full-length tights, depending on the season)
- ☐ A long sleeve shirt (more or less heavy, depending on the season)
- ☐ A riding jacket or windbreaker
- ☐ Hat/cap with visor (depending on the season)
- ☐ A couple of bandannas
- ☐ Cycling gloves
- ☐ A rain poncho/cape suitable for cycling (look for Gore-Tex or similar materials)

Extra clothes:

- ☐ A pair of light shoes/sandals
- ☐ 2 pairs of underwear
- ☐ 1-2 regular t-shirts/long sleeve shirts
- ☐ Trousers
- ☐ A bathing suit
- ☐ Pyjamas
- ☐ A small, light towel

Some useful optionals:

- ☐ Skin irritation cream
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Trail mix, fruit and other snacks
- ☐ Bike mudguards

Misc:

- ☐ LED lights (white front, red rear)
- ☐ Water bottle
- ☐ Toiletries
- ☐ First aid kit
- ☐ Insect repellent
- ☐ Sewing kit
- ☐ A bike/wheel repair kit
- ☐ A bike multi-tool
- ☐ 2 tire levers
- ☐ An extra inner tube
- ☐ A small pump
- ☐ A good chain and lock
- ☐ Duct tape
- ☐ A pocketknife/leatherman
- ☐ Money/documents
- ☐ Smartphone and charger
- ☐ Extra battery pack

Avoid backpacks. Opt for two 20-25 liter panniers and a 7-10 liter handlebar bag. Aim for 10 kg total. Try experimenting with weight distribution to find the right combination (it's a good idea to put heavier items up front). Roll and stack clothes in large plastic bags before putting them in your panniers.