

## Packing List Guide

Please note that this is not an exhaustive list - use it as a guide and be sure to bring along other items which you may require - any questions please contact [info@twowheeltours.com.au](mailto:info@twowheeltours.com.au)

<input type="checkbox"/>	Bike shoes + helmet (Mandatory Haute Route)	<input type="checkbox"/>	<b>What will be available in the van/available:</b>
<input type="checkbox"/>	Leg warmers/leggings (Mandatory Haute Route)	<input type="checkbox"/>	Track pump
<input type="checkbox"/>	Thermal over shoes (Mandatory Haute Route)	<input type="checkbox"/>	Water
<input type="checkbox"/>	Gloves - short x 2 + long thermal x 1 (Mandatory Haute Route)	<input type="checkbox"/>	Sun Cream
<input type="checkbox"/>	Thermal wind <b>and</b> waterproof jacket - NOTE - Temps at the top of the range can drop 15C in less than 10 mins - it CAN happen so <b>PLEASE</b> carry everything you'll need to get yourselves moving again (Mandatory Haute Route)	<input type="checkbox"/>	First Aid Kit
<input type="checkbox"/>	Arm warmers & arm coolers	<input type="checkbox"/>	Baby wipes
<input type="checkbox"/>	Bag for wet/dirty clothes	<input type="checkbox"/>	Maps
<input type="checkbox"/>	Bars/gels/powder - use what you know, you can't always find the same as 'back home'	<input type="checkbox"/>	Rags
<input type="checkbox"/>	Bike - with compact crank, we use 28 rear cog	<input type="checkbox"/>	Chain Lube
<input type="checkbox"/>	Butt butter / chamois cream	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	8GB thumb drive for tour photos from <i>twowheeltours</i>	<input type="checkbox"/>	Tool kit
<input type="checkbox"/>	Chain Lube - if you have one which you MUST use	<input type="checkbox"/>	CO2 canisters
<input type="checkbox"/>	CO2 head gadget (2 canisters in your checked luggage)	<input type="checkbox"/>	Spare tire
<input type="checkbox"/>	Cycling kits - newish - x 3 & a cycling gilet/vest	<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name	<input type="checkbox"/>	Muesli bars
<input type="checkbox"/>	Extra Rear Derailleur Hanger (aka Derailleur Tip)	<input type="checkbox"/>	Drink powder
<input type="checkbox"/>	Front + rear flashing lights - always good to have	<input type="checkbox"/>	Tire boots
<input type="checkbox"/>	Garmin or similar with maps (highly recommended but <b>not mandatory</b> ) plus all the necessary cords	<input type="checkbox"/>	Electrical Tape / Box Tape
<input type="checkbox"/>	Head sweat / bandana / cycling cap / 'buff' or similar <a href="http://www.buffwear.com/">http://www.buffwear.com/</a>	<input type="checkbox"/>	In your daily musette - you will pack Thongs/shoes and dry clothes
<input type="checkbox"/>	Brake pads x4 and another set of CLEATS for your shoes, including the screws	<input type="checkbox"/>	Zip ties
<input type="checkbox"/>	<i>Hydra Pack - for those on MTB tours</i>	<input type="checkbox"/>	
<input type="checkbox"/>	Mini first aid kit including panadol / aspirin / heat rub / bandaids etc	<input type="checkbox"/>	
<input type="checkbox"/>	Ear plugs - especially if travelling during EU summers, concerts/tourists/vehicles	<input type="checkbox"/>	
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/>	
<input type="checkbox"/>	Mini tube of tire sealant if running tubeless	<input type="checkbox"/>	<b>What guide will have:</b>
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano / Campag specific	<input type="checkbox"/>	2 x tubes
<input type="checkbox"/>	Ride specific socks x 5 including <b>at least 2</b> wool pair	<input type="checkbox"/>	Mini-pump
<input type="checkbox"/>	Riding specific under shirts x 2	<input type="checkbox"/>	Mini/Multi tool
<input type="checkbox"/>	Spare tire x 1 - please arrive with new tires on your bike	<input type="checkbox"/>	Tire leavers
<input type="checkbox"/>	Spare tube x 3	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	Sun cream / mini sun cream / lip balm	<input type="checkbox"/>	Tire boot
<input type="checkbox"/>	Sun glasses / clear glasses	<input type="checkbox"/>	
<input type="checkbox"/>	Swimmers - in EU you will need speedos	<input type="checkbox"/>	
<input type="checkbox"/>	Tire boot - Park Tool have one	<input type="checkbox"/>	
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/>	
<input type="checkbox"/>	Water bottles x 2	<input type="checkbox"/>	
<input type="checkbox"/>	Saddle bag which can carry tube/canister/levers	<input type="checkbox"/>	
<input type="checkbox"/>	Zip lock bag or mini dry bag for money / phone / ID / business card - for back jersey pocket	<input type="checkbox"/>	
<input type="checkbox"/>	Zip ties & Packing Tape for packing bike for transit	<input type="checkbox"/>	
<input type="checkbox"/>	<b>If you have a 'one off' bike and you have special nuts/bolts/fixings find some and bring them along - ie seat post bolts for Look bikes</b>	<input type="checkbox"/>	
<input type="checkbox"/>	<b>Lastly anything else you can't live without while on the bike</b>	<input type="checkbox"/>	

