


<h1>Packing List Guide</h1>			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	
<input type="checkbox"/>	Arm & leg warmers	<input type="checkbox"/>	What will be available in the van:	
<input type="checkbox"/>	Bag for wet/dirty clothes	<input type="checkbox"/>	Track pump	
<input type="checkbox"/>	Bars/gels/powder - use what you know, you can't always find the same as 'back home'	<input type="checkbox"/>	Water	
<input type="checkbox"/>	Bike shoes	<input type="checkbox"/>	Sun Cream (just in case)	
<input type="checkbox"/>	Shoe covers	<input type="checkbox"/>	First Aid Kit	
<input type="checkbox"/>	Butt butter	<input type="checkbox"/>	Maps	
<input type="checkbox"/>	Camera & also a 8GB thumb drive for tour photos	<input type="checkbox"/>	Rags	
<input type="checkbox"/>	Chain Lube - what you use at home	<input type="checkbox"/>	Chain Lube	
<input type="checkbox"/>	CO2 head gadget	<input type="checkbox"/>	Puncture kit	
<input type="checkbox"/>	Cycling gilet/vest	<input type="checkbox"/>	Tool kit	
<input type="checkbox"/>	Cycling kits - newish - x 3	<input type="checkbox"/>	CO2 gaskets	
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name	<input type="checkbox"/>	Wet-wipes	
<input type="checkbox"/>	Extra Rear Derailleur Hanger	<input type="checkbox"/>	Fruit	
<input type="checkbox"/>	Front + rear flashing lights - YES - we may be finishing in the dusk/dark/rain/mist	<input type="checkbox"/>	Muesli bars	
<input type="checkbox"/>	Garmin 810, 800 or similar with EU maps (highly recommended but not mandatory)	<input type="checkbox"/>	Drink powder	
<input type="checkbox"/>	Gloves - long x 2	<input type="checkbox"/>	Tire boots	
<input type="checkbox"/>	Head sweat / bandana / cycling cap / 'buff' or similar http://www.buffwear.com/	<input type="checkbox"/>	Spare tire	
<input type="checkbox"/>	Brake pads x4	<input type="checkbox"/>	Your daily musette - with shoes and dry clothes	
<input type="checkbox"/>	Bike ... yes a bike:) and helmet	<input type="checkbox"/>	Zip ties	
<input type="checkbox"/>	Mini first aid kit including panadol / aspirin / heat rub / bandaids etc	<input type="checkbox"/>	Hand/baby wipes	
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/>	Electrical Tape / Box Tape	
<input type="checkbox"/>	Tire sealant if running tubeless	<input type="checkbox"/>		
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano / Campag specific	<input type="checkbox"/>	What guide will have:	
<input type="checkbox"/>	Ride specific socks x 3 (including winter specific)	<input type="checkbox"/>	2 x tubes	
<input type="checkbox"/>	Riding specific under shirts	<input type="checkbox"/>	Mini-pump	
<input type="checkbox"/>	Tires for days not racing but touring - ie road tires	<input type="checkbox"/>	Mini/Multi tool	
<input type="checkbox"/>	Spare tube x 2	<input type="checkbox"/>	Tire leavers	
<input type="checkbox"/>	Sun cream / mini sun cream / lip balm / Heat Balm	<input type="checkbox"/>	Puncture kit	
<input type="checkbox"/>	Sun glasses / clear glasses	<input type="checkbox"/>	Tire boot	
<input type="checkbox"/>	Swimmers	<input type="checkbox"/>		
<input type="checkbox"/>	Tire boot http://www.parktool.com/product/emergency-tire-boot-tb-2	<input type="checkbox"/>		
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/>		
<input type="checkbox"/>	Water bottles x 2	<input type="checkbox"/>		
<input type="checkbox"/>	Wind and waterproof jacket - NOTE - Temps at the top of the range can drop 15C in less than 10 mins - it CAN happen so PLEASE carry everything you'll need to get yourselves moving again	<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"/>	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	<input type="checkbox"/>		
<input type="checkbox"/>	Lastly anything else you can't live without while on the bike	<input type="checkbox"/>		
				twowheeltours.com.au

Please remember the temperature in Belgium at the time of the tour will be avg 3-5C. There will be rain, mud and very cold riding conditions.