

<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"/>	Bike - for EU suggest compact w/ minimum 11-30 cassette	<input type="checkbox"/>	What will be available in the van/available:
<input type="checkbox"/>	Bike shoes	<input type="checkbox"/>	Track pump
<input type="checkbox"/>	Helmet (Mandatory Haute Route aka M/HR)	<input type="checkbox"/>	Water
<input type="checkbox"/>	Leg warmers/leggings (M/HR)	<input type="checkbox"/>	Sun Cream
<input type="checkbox"/>	Thermal over shoes (M/HR)	<input type="checkbox"/>	Tool kit
<input type="checkbox"/>	Gloves - short x 2 + long thermal x 1 (M/HR)	<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Thermal wind and waterproof jacket - NOTE - Temps at the top of mountains can drop 15C in less than 10 mins - it CAN happen so PLEASE carry everything you may need to get yourselves moving again (M/HR)	<input type="checkbox"/>	First Aid Kit Rags Baby wipes Chain Lube
<input type="checkbox"/>	Front + rear flashing (M/HR) re-chargeable lights + cables	<input type="checkbox"/>	Muesli bars
<input type="checkbox"/>	Cycling kits - newish x 4	<input type="checkbox"/>	Drink powder - electrolyte powder
<input type="checkbox"/>	Ride Nutrition - especially if you have a specific favourite You cannot always find the same on the road as 'back home'	<input type="checkbox"/>	Your daily musette - with your thongs/shoes, any extra nutrition, lip-balm with SPF and dry clothes
<input type="checkbox"/>	Cycling vest aka gilet &/or spray jacket	<input type="checkbox"/>	C02 canisters
<input type="checkbox"/>	Arm warmers & arm coolers	<input type="checkbox"/>	
<input type="checkbox"/>	Ride specific socks x 5 including AT LEAST x 2 wool	<input type="checkbox"/>	What guide will have:
<input type="checkbox"/>	Riding specific under shirts x 2	<input type="checkbox"/>	2 x tubes
<input type="checkbox"/>	'Buff' & booties & cycling cap (if you use caps)	<input type="checkbox"/>	Mini-pump / C02 and gadget head
<input type="checkbox"/>	Ride specific sun glasses	<input type="checkbox"/>	Mini/Multi tool
<input type="checkbox"/>	Air Tag / Chipolo or similar for tracking your bike box	<input type="checkbox"/>	Tire leavers
<input type="checkbox"/>	Butt butter / chamois cream	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	Personal toiletries including mini sun cream / x2 lip balm w/ SPF / Panadol / Aspirin / heat rub / bandaids etc	<input type="checkbox"/>	Tire boot
<input type="checkbox"/>	Water bottles x 2 - at least x 6 if you are 'racing' an event	<input type="checkbox"/>	
<input type="checkbox"/>	HIRING a bike? Bring at least 2 x water bottles	<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"/>	Chain Lube - especially if you have a specific favourite	<input type="checkbox"/>	Other:
<input type="checkbox"/>	CO2 head gadget w/ 2 canisters in your checked luggage	<input type="checkbox"/>	A book to read for after the days ride
<input type="checkbox"/>	Garmin GPS or similar w/ maps (highly recommended w/ maps) plus charging cables	<input type="checkbox"/>	Clothing as you need - dinners each night are relaxed affairs - shorts and shirts are more than okay
<input type="checkbox"/>	Charging cables for Di2 / SRAM or similar	<input type="checkbox"/>	Flip Flop / Slides / Sandals for off the bike
<input type="checkbox"/>	CR1632 (Shimano) / CR2032 (SRAM) batteries x 2 for wireless	<input type="checkbox"/>	Swimmers in EU you will need speedos
<input type="checkbox"/>	Bag for wet/dirty clothes	<input type="checkbox"/>	Swim cap : many pools in EU require this
<input type="checkbox"/>	Spare tire x 1 - please arrive with near new tires on your bike	<input type="checkbox"/>	TRAVEL : Compression socks for flights
<input type="checkbox"/>	Spare tube x 2 (at least) w/ appropriate valve length	<input type="checkbox"/>	TRAVEL : Ear plugs and sleeping mask
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name - never easy to find in little villages	<input type="checkbox"/>	Photos from the tour will be shared by twf via drop box at the end of the tour
<input type="checkbox"/>	Tire boot - <i>Park Tool</i> make a good one	<input type="checkbox"/>	
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/>	
<input type="checkbox"/>	If Disc Brake Bike : Pads x4 - please arrive with new ones!	<input type="checkbox"/>	
<input type="checkbox"/>	If Rim Pad Brake Bike : Pads x2 - please arrive with new ones!	<input type="checkbox"/>	
<input type="checkbox"/>	Extra Rear Derailleur Hanger (aka Derailleur Tip)	<input type="checkbox"/>	
<input type="checkbox"/>	Old/spare set of CLEATS for shoes, including the screws	<input type="checkbox"/>	
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/>	
<input type="checkbox"/>	If running tubeless : Mini bottle of tire sealant	<input type="checkbox"/>	
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano / Campag specific	<input type="checkbox"/>	
<input type="checkbox"/>	If you use zip ties & packing tape for packing your bike please bring more for shipping it home	<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 <i>Look</i> bikes	<input type="checkbox"/>	
<input type="checkbox"/>	Lastly anything else you cannot live without while on the bike	<input type="checkbox"/>	

