

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

<input type="checkbox"/>	Bike shoes + helmet (Mandatory Haute Route)	<input type="checkbox"/>	What will be available in the van/available:
<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 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 may 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"/>	Rags
<input type="checkbox"/>	Bars/gels/powder - use what you know, you cannot always find the same as 'back home'	<input type="checkbox"/>	Chain Lube
<input type="checkbox"/>	Bike - with compact crank, with minimum 28 rear cog	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	Butt butter / chamois cream	<input type="checkbox"/>	Tool kit
<input type="checkbox"/>	8GB thumb drive for tour photos from <i>twowheeltours</i>	<input type="checkbox"/>	CO2 canisters
<input type="checkbox"/>	Chain Lube - if you have one which you MUST use We will have lube on tour	<input type="checkbox"/>	Spare tire
<input type="checkbox"/>	CO2 head gadget (2 canisters in your checked luggage not in your bike box). DO NOT PACK IF GOING THROUGH CHINA. You can bring them in you cannot bring them out.	<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Cycling kits - newish - x 3 & a cycling gilet/vests	<input type="checkbox"/>	Muesli bars
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name	<input type="checkbox"/>	Drink powder - electrolyte powder
<input type="checkbox"/>	Extra Rear Derailleur Hanger (aka Derailleur Tip)	<input type="checkbox"/>	Tire boots
<input type="checkbox"/>	Front + rear flashing USB Chargeable lights	<input type="checkbox"/>	Electrical Tape / Box Tape
<input type="checkbox"/>	Garmin or similar with maps (highly recommended but not mandatory) plus all the necessary cords	<input type="checkbox"/>	Zip ties
<input type="checkbox"/>	Head sweat / bandana / cycling cap / 'buff' or similar http://www.buffwear.com/	<input type="checkbox"/>	Your daily musette - with your thongs/shoes, any extra nutrition, lip-balm with SPF and dry clothes
<input type="checkbox"/>	Brake pads x4 and another set of CLEATS for your shoes, including the screws / Disc Brakes - 2 sets of pads	<input type="checkbox"/>	
<input type="checkbox"/>	<i>Hydra Pack - for those on MTB tours</i>	<input type="checkbox"/>	What guide will have:
<input type="checkbox"/>	Mini first aid kit including panadol / aspirin / heat rub / bandaids etc and your personal toiletries	<input type="checkbox"/>	2 x tubes
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/>	Mini-pump / CO2 and gadget head
<input type="checkbox"/>	Mini tube of tire sealant if running tubeless	<input type="checkbox"/>	Mini/Multi tool
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano / Campag specific	<input type="checkbox"/>	Tire leavers
<input type="checkbox"/>	Ride specific socks x 5 including at least 2 wool pair	<input type="checkbox"/>	Puncture kit
<input type="checkbox"/>	Riding specific under shirts x 2	<input type="checkbox"/>	Tire boot
<input type="checkbox"/>	Spare tire x 1 - please arrive with new tires on your bike	<input type="checkbox"/>	
<input type="checkbox"/>	Spare tube x 2	<input type="checkbox"/>	Other:
<input type="checkbox"/>	Zip lock bag or mini dry bag for money / phone / ID / business card - for back jersey pocket	<input type="checkbox"/>	Clothing as you need - Dinners each night are relaxed affairs - shorts and shirts are more than okay
<input type="checkbox"/>	Sun glasses / clear glasses	<input type="checkbox"/>	Thongs for off the bike
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/>	Swimmers in EU you will need speedos
<input type="checkbox"/>	Sun cream / mini sun cream / x2 lip balm with SPF	<input type="checkbox"/>	Compression socks for the flight - GET THEM
<input type="checkbox"/>	Tire boot - Park Tool a very good one	<input type="checkbox"/>	A book to read for after the days ride
<input type="checkbox"/>	Water bottles x 2	<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 can't live without while on the bike	<input type="checkbox"/>	

