## DILY TO FREEDOM

PACKING LIST As tried and tested by BICYCLING team

	1	Bicycle
BICYCLE EQUIPMENT	1	Helmet
	1	Bike odometer
	3	Waterbottles on bike
	1	Backpack
BACKBACK CEAD	1	Frontpack
BACKPACK GEAR	1	Bladder
	1	Drybag
		, , ,
	1	Headlamp
LIGHTING GEAR	1	Rechargable batteries & charger
	-	Rectial gable batteries & charger
	1	Riding shoes
	1	Short sleeve tech shirt / cycle shirt
	1	Long sleeve tech shirt
BICYCLE CLOTHING	1	Lightweight windbreaker
	1	Waterproof jacket
	2	Cycling pants
	1	Long leggings
	1	Waterproof pants
	1	Slops
TRANSIT &	1	Casual shorts
EVENING CLOTHING	1	T-shirt
21211113 0201111113	3	Lightweight fleece jersey
	3	Underwear
	1	Riding gloves
CYCLE ACCESSORIES	1	Buff
	1	Socks
PERSONAL	1	Suncream
	1	Labello
	2	Eye drops
ITEMS TO CARRY	1	Wet wipes
	PACK	Water purification pills
	1	Asthma pump (if needed)
		r (/



1 Folding tool 1 Mini pump 1 Valve adapter 1 CO2 bomb 2 29" spare tubes 1 Small bottle of sealant 1 Tyre plugs 1 Patch kit 1 Gator patch, dental floss & needle 2 Magic link 2 Chain pins 4 Spokes			
1 Valve adapter 1 CO2 bomb 2 29" spare tubes 1 Small bottle of sealant 1 Tyre plugs 1 Patch kit 1 Gator patch, dental floss & needle 2 Magic link 2 Chain pins		1	Bottle of lube
1 Valve adapter 1 CO2 bomb 2 29" spare tubes 1 Small bottle of sealant 1 Tyre plugs 1 Patch kit 1 Gator patch, dental floss & needle 2 Magic link 2 Chain pins		1	Folding tool
1 CO2 bomb 2 29" spare tubes 1 Small bottle of sealant 1 Tyre plugs 1 Patch kit 1 Gator patch, dental floss & needle 2 Magic link 2 Chain pins		1	Mini pump
2 29" spare tubes  1 Small bottle of sealant  1 Tyre plugs  1 Patch kit  1 Gator patch, dental floss & needle  2 Magic link  2 Chain pins		1	Valve adapter
TOOLS & PARTS  1		1	CO <sub>2</sub> bomb
1 Tyre plugs 1 Patch kit 1 Gator patch, dental floss & needle 2 Magic link 2 Chain pins		2	29" spare tubes
Tyre plugs  Patch kit  Gator patch, dental floss & needle  Magic link  Chain pins	<b>TOOLS &amp; PARTS</b>	1	Small bottle of sealant
<ul> <li>Gator patch, dental floss &amp; needle</li> <li>Magic link</li> <li>Chain pins</li> </ul>		1	Tyre plugs
2 Magic link 2 Chain pins		1	Patch kit
2 Chain pins		1	Gator patch, dental floss & needle
		2	Magic link
<b>4</b> Spokes		2	Chain pins
		4	Spokes
1 Shock pump		1	Shock pump

SNACKS FOR DAY 1 & 2

1	Crunchies
1	Nuts
2	Biltong
1	Dried fruit
1	Rehidrat sachets
1	Sandwich size Ziplock bags

TOILETRIES & FIRST AID

1	Toothbrushes
1	Toothpaste
1	Zambuc
1	Shampoo/bodywash
1	Moisturiser
1	Packet multivitamin
1	Plasters
1	Antiseptic cream
1	Merthiolate
1	Washing powder

NAVIGATION

1	Set of maps
1	Set of route narritive
2	Pink highlighter
1	Black roller pen
2	Ziplock bags for maps