

D.I.Y TO FREEDOM

PACKING LIST As tried and tested by *BICYCLING* team

BICYCLE EQUIPMENT

1	Bicycle
1	Helmet
1	Bike odometer
3	Waterbottles on bike

BACKPACK GEAR

1	Backpack
1	Frontpack
1	Bladder
1	Drybag

LIGHTING GEAR

1	Headlamp
1	Rechargeable batteries & charger

BICYCLE CLOTHING

1	Riding shoes
1	Short sleeve tech shirt / cycle shirt
1	Long sleeve tech shirt
1	Lightweight windbreaker
1	Waterproof jacket
2	Cycling pants
1	Long leggings
1	Waterproof pants

TRANSIT & EVENING CLOTHING

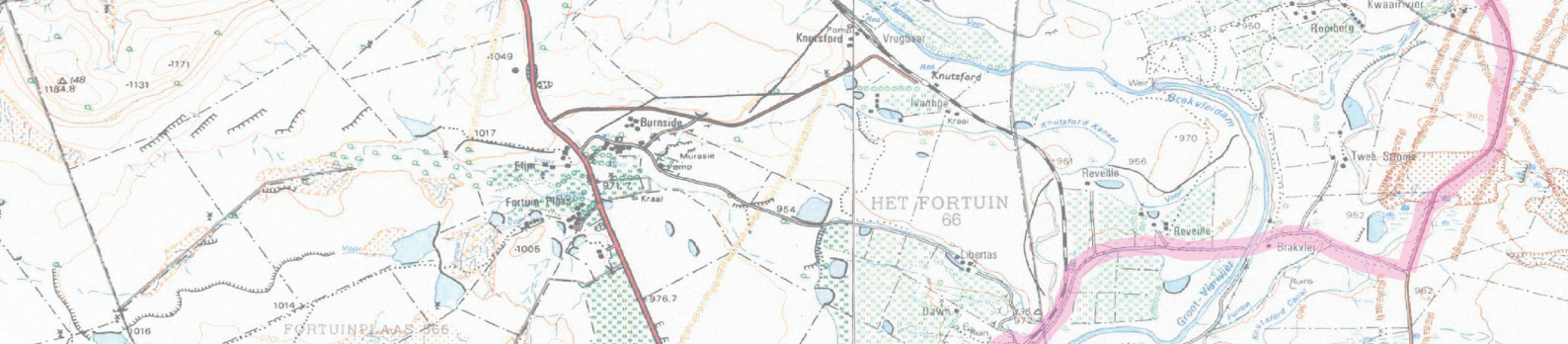
1	Slops
1	Casual shorts
1	T-shirt
3	Lightweight fleece jersey
3	Underwear

CYCLE ACCESSORIES

1	Riding gloves
1	Buff
1	Socks

PERSONAL ITEMS TO CARRY

1	Suncream
1	Labello
2	Eye drops
1	Wet wipes
PACK	Water purification pills
1	Asthma pump (if needed)



TOOLS & PARTS

1	Bottle of lube
1	Folding tool
1	Mini pump
1	Valve adapter
1	CO ₂ 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	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 narrative
2	Pink highlighter
1	Black roller pen
2	Ziplock bags for maps