



Bicycle Multiday Touring Checklist

Note: This list is intentionally extensive. Not every cyclist will bring every item on every tour.

The Two Essentials

- Bike
- Helmet

Storage/transport options

- Hydration pack
- Saddle (underseat) bag
- Handlebar bag
- Cargo rack plus trunk bag
- Panniers
- Trailer

Hardware options

- Headlight
- Taillight (with blinking option)
- Lock
- Cycling computer/GPS
- Mirror (for handlebar or helmet)
- Fenders
- Water bottles with cages
- Straps/bungee cords

Core repair items

- Spare tubes (and/or patch kit)
- Pump
- Tire levers
- Cycling multi-tool (with Allen wrenches)

Additional repair-item options (for optimal preparedness)

- Patch kit (and/or spare tubes)
- Pressure gauge
- CO2 inflator (with cartridges)
- Spare spokes (minimum of 6)
- Spoke wrench
- 6" adjustable wrench
- General-purpose multi-tool
- Assorted nuts and bolts
- Spare tire
- Chain tool
- Replacement chain links
- Lubricant
- Brake and derailleur cables
- Spare components
- Spare cleats
- Duct tape

Camping gear

- Sleeping bag
- Sleeping pad
- Tent or tarp
- _____ (see our [Backpacking list](#))

Basic clothing

- Wicking jersey or top
- Padded shorts or tights
- Gloves
- Footwear suited to bike's pedals
- Cycling socks
- Buff/bandanna/cap/skullcap

Clothing for variable weather

- Rainwear
- Stowaway windbreaker
- Insulation layer(s) for cool air
- Weatherproof, full-fingered gloves
- Arm/leg warmers
- Visibility vest

Personal

- Eye protection (sunglasses or clear lenses)
- First-aid items (see our [First-aid checklist](#))
- Medical info/emergency contact card
- Toilet paper/tissue
- Sunscreen
- Lip balm
- Insect repellent
- Chamois cream
- Small, quick-dry towel for cleanups
- _____
- _____
- Meals/snacks
- Performance food/gels/drinks
- Guidebook or route description
- Maps
- Toiletries
- Off-day clothing
- Camera
- Cell phone
- Cash/credit card/ID
- _____
- _____