## Bikepacking Checklist

Getting ready to head out on a bikepacking adventure? Our comprehensive checklist includes essentials for biking and camping. Organizing your gear into systems can be a good way to remember to pack what you need.

### Biking System
- Bike
- Helmet
- Bikepacking packs (seat pack, handlebar pack, frame pack, etc.)
- Headlight
- Taillight
- Lightweight lock (optional)

### Cooking System
- Stove
- Fuel
- Mini lighter and/or stormproof matches
- Mug and/or pot
- Spork

### Shelter & Sleep
- Tent, tarp, bivy or hammock
- Guylines and stakes (optional)
- Ground cloth (optional)
- Sleeping bag
- Sleeping pad
- Pillow (optional)

### Clothing System

#### For Biking:
- Wicking jersey or top
- Padded shorts or tights
- Sports bra
- Socks
- Bike shoes
- Rain jacket
- Weatherproof gloves
- Stowaway wind jacket
- Insulation layers (for cold conditions)
- Buff/bandana/skullcap
- Arm/leg warmers

#### For Camp:
- Underwear
- Long-underwear top
- Long-underwear bottoms
- Warm hat
- Wool or synthetic socks (for sleep)
- Puffy insulated jacket or vest
- Ball cap
- Sandals (optional)

### Water System
- Water filtration system
- Purification drops or tablets
- Water reservoir or bottles with cages

### Navigation System
- Map
- Compass
- Cellphone (optional)
- Solar/portable charger (optional)
- GPS (optional)
- Personal locator beacon (optional)
- Route description
- Permits

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### Bike Repair Items
- Spare tubes
- Patch kit
- Compact pump or CO2 inflator with cartridges
- Tire levers
- Cycling multi-tool
- Replacement chain links
- Chain tool
- Lubricant
- Spare spokes
- Spoke wrench
- Brake cables and derailleur cables
- 6" adjustable wrench
- Assorted nuts and bolts
- General-purpose multi-tool
- Duct tape
- Zip ties

### Hygiene & Toiletries
- Zip-top bags *(varied sizes for waste, food, etc.)*
- Sunscreen
- Lip balm
- Hand sanitizer
- Toothpaste
- Small toothbrush
- Biodegradable soap
- Toilet paper *(2-4 squares per day)*
- Pre-moistened wipes *(2 per day)*
- Sanitation trowel
- Menstrual products
- Women's pee funnel
- Women's pee rag *(1/4 cotton bandana)*
- Prescription medications
- Chamois cream

### First-Aid Supplies
- Blister pads
- Gauze pads
- Bandages
- Antibiotic ointment *(small packet)*
- Pain-relief pills
- Splint
- Medical information/ emergency contact card

### Miscellaneous
- Meals & Snacks
- Headlamp *(with fresh batteries)*
- Extra batteries
- Sunglasses
- Camera
- Watch
- Journal or sketchbook
- Pen or Pencil
- Cash/credit card/ID/Passport
- Itinerary copies *(1 for friend + 1 under car seat)*