



Bike Multiday Touring Checklist

Planning an overnight or longer bike tour? Our comprehensive gear checklist includes gear and storage options, accessories, repair items, clothing and more. Note: This list is intentionally extensive. Not every cyclist will bring every item on every tour.



The Two Essentials

☐ Bike

☐ Helmet



Gear Storage

☐ Hydration pack

☐ Cargo rack plus trunk bag

☐ Saddle (*underseat*) bag

☐ Panniers

☐ Handlebar bag

☐ Trailer



Bike Accessories

☐ Headlight

☐ Mirror (*for handlebar or helmet*)

☐ Taillight (*with blinking option*)

☐ Fenders

☐ Lock

☐ Water bottles with cages

☐ Cycling computer/GPS/
cellphone w/app

☐ Straps/bungee cords

☐ _____



Camping Basics

☐ Sleeping bag

☐ _____

☐ Sleeping pad

☐ _____

☐ Tent or tarp

☐ _____



Basic Clothing

☐ Wicking jersey or top

☐ Cycling socks

☐ Padded shorts or tights

☐ Neck gaiter/bandana/
cap/skullcap

☐ Bike gloves

☐ Shoes suited to bike's pedals

☐ _____



Tools & Repairs

Core Repair Items:

☐ Spare tubes (*and/or patch kit*)

☐ Pump

☐ Tire levers

☐ Cycling multi-tool (*with
Allen wrenches*)

Additional Repair Items:

☐ 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

☐ Repair/duct tape

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____



Weather Protection

- | | |
|---|--|
| <input type="checkbox"/> Rainwear | <input type="checkbox"/> Arm/leg warmers |
| <input type="checkbox"/> Stowaway windbreaker | <input type="checkbox"/> Visibility vest |
| <input type="checkbox"/> Insulation layer(s) for cool air | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Weatherproof, full-fingered gloves | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |



Personal Items

- | | |
|--|---|
| <input type="checkbox"/> Eye protection (sunglasses or clear lenses) | <input type="checkbox"/> Meals/snacks |
| <input type="checkbox"/> First-aid items (see our First-Aid Checklist) | <input type="checkbox"/> Performance food/gels/drinks |
| <input type="checkbox"/> Medical info/emergency contact card | <input type="checkbox"/> Guidebook or route description |
| <input type="checkbox"/> Toilet paper/tissue | <input type="checkbox"/> Maps |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Off-day clothing |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Chamois cream | <input type="checkbox"/> Cellphone |
| <input type="checkbox"/> Small, quick-dry towel for cleanups | <input type="checkbox"/> Cash/credit card/ID |
| | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |