



# 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



## NAVIGATION SYSTEM

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



## SHELTER & SLEEP

- Tent, tarp, bivy or hammock
- Guylines and stakes (*optional*)
- Ground cloth (*optional*)
- Sleeping bag
- Sleeping pad
- Pillow (*optional*)



## WATER SYSTEM

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



## 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*)



## HYGIENE & TOILETRIES

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- 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

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



## BIKE REPAIR ITEMS

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- 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



## MISCELLANEOUS

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- 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*)