

BIKING GEAR	CHECK
Helmet	
4 sets of cycling shorts and tops	
Wind breaker	
Gloves	
Sun/mud glasses	
4 sets of cycling socks	
Cycling shoes	
Hydration pack with space for spares, cell phone in ziplock	
Riding snacks: favorite energy bars, gels and snacks etc.	
Heart rate monitor, bike computer (optional)	
Slime, Stan's	
Bomb and adaptor	
Patch kit	
Gators, pump	
Brake pads	
Drop out	
Chain	
Links	
Pins	
BB	
Freewheel	
Cable ties	
Duct tape	
Bike wash kit	
Lube (squirt)	
Combination bike cable lock	
PERSONAL STUFF	
Sleeping bag	
Pillow	
Towel	
Torch / headlight	
Personal toiletries	
Sun block	
Mosquito Repellent	
Casual clothes	
Slops	
Disposable camera	
Earplugs	
Washing powder	