

BE READY TO ROLL

BIKE PACKING

94

ITEMS TO PACK
51 REQUIRED

Everything you need for a self-supported bikepacking trip, organised by category. Tick each item as it goes in the bag — required gear first, then the recommended extras that earn their weight.

01 CLOTHING

19 ITEMS

- | | | |
|--------------------------|---|----------|
| ☐ | Bib shorts (x2 minimum)
One on, one clean. Changing at overnight stops prevents saddle sores. | REQUIRED |
| ☐ | Base layer (x2)
One active, one sealed dry for emergency thermal reserve. | REQUIRED |
| ☐ | Jersey or riding top (x2)
One to ride, one to sleep or rest in. | REQUIRED |
| ☐ | Waterproof jacket
Fully taped seams. Must pack small enough to grab quickly. | REQUIRED |
| ☐ | Insulating mid-layer
Packable down or synthetic. Put it on the moment you stop in cold. | REQUIRED |
| ☐ | Arm warmers
Versatile — on/off quickly without stopping. | REQUIRED |
| ☐ | Knee/leg warmers or bib tights
Essential for pre-dawn cold and alpine descents. | REQUIRED |
| ☐ | Gloves — lightweight (x1)
For cool mornings and descents. | REQUIRED |
| ☐ | Gloves — waterproof/winter (x1)
If wet and cold conditions are expected. | OPTIONAL |

01 CLOTHING (CONT.)

- | | | |
|--------------------------|---|----------|
| ☐ | Helmet
Check retention and straps before the event. | REQUIRED |
| ☐ | Helmet cover / rain cover
Dramatically reduces head heat loss in cold rain. | OPTIONAL |
| ☐ | Cycling shoes
Check cleats and BOA dials/velcro before packing. | REQUIRED |
| ☐ | Overshoes / shoe covers
Waterproof or thermal depending on expected conditions. | OPTIONAL |
| ☐ | Cycling socks (x3)
Merino preferred for multi-day. Change at least daily. | REQUIRED |
| ☐ | Casual shoes or sandals
Bikepacking: for camp use. Ultra: optional for checkpoint rest. | OPTIONAL |
| ☐ | Casual clothes (one set)
For town stops, rest days, and end-of-day comfort. | OPTIONAL |
| ☐ | Buff / neck gaiter
Doubles as face covering in dust and warmth at night. | OPTIONAL |
| ☐ | Skull cap / thermal hat
Under helmet for cold mountain or night riding. | OPTIONAL |
| ☐ | Sun cap / cycling cap
Under helmet for shade and sweat management in heat. | OPTIONAL |

02 PROTECTION & SAFETY

10 ITEMS

- | | | |
|--------------------------|---|----------|
| ☐ | Sunscreen SPF 50+
Apply to neck, ears, and backs of hands every day. | REQUIRED |
| ☐ | Chamois cream
Apply before every stage. Reapply every 4-6 hours. | REQUIRED |
| ☐ | Anti-chafe stick (Body Glide or similar)
Inner thighs, underarms, anywhere skin meets skin. | REQUIRED |
| ☐ | Basic first aid kit
Wound dressings, antiseptic wipes, blister kit, Leukotape, scissors. | REQUIRED |

02 PROTECTION & SAFETY (CONT.)

- | | | |
|--------------------------|---|----------|
| ☐ | Ibuprofen / paracetamol
For pain management. Do not use NSAIDs when dehydrated. | REQUIRED |
| ☐ | Imodium + antacids + rehydration sachets
GI issues are the #1 DNF cause. Have pharmaceutical tools ready. | REQUIRED |
| ☐ | Antihistamines
For insect stings, plant allergies, and unexpected reactions. | OPTIONAL |
| ☐ | Emergency whistle
Lightweight safety item for remote sections. | OPTIONAL |
| ☐ | Emergency thermal blanket
Weighs almost nothing, could save your life in unexpected bivvy. | OPTIONAL |
| ☐ | Personal locator beacon (PLB)
For very remote events with no phone coverage. | OPTIONAL |

03 NAVIGATION

4 ITEMS

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|--------------------------|--|----------|
| ☐ | GPS head unit with route loaded
Route downloaded and verified on-device. Backup battery charged. | REQUIRED |
| ☐ | Phone with offline maps
Separate device from GPS. Route downloaded to offline storage. | REQUIRED |
| ☐ | Compass
Last-resort navigation if both electronic devices fail. | OPTIONAL |
| ☐ | Paper route overview / cue sheet
Printed backup of key junctions and checkpoints. | OPTIONAL |

04 LIGHTING

5 ITEMS

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|--------------------------|---|----------|
| ☐ | Front light — main (x1)
High-output. At least 600 lumens for unlit roads. | REQUIRED |
| ☐ | Front light — backup (x1)
Smaller/lighter. For if the main light fails mid-stage. | REQUIRED |
| ☐ | Rear light (x2)
One on bike, one on bag or person. Never ride at night with one. | REQUIRED |

04 LIGHTING (CONT.)

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|--------------------------|--|----------|
| ☐ | Charging cables for all lights | REQUIRED |
| | Know which cable each light uses. Label them if needed. | |
| ☐ | Headtorch | OPTIONAL |
| | For checkpoint tasks, tent setup, and mechanical fixes at night. | |

05 TOOLS & SPARES

15 ITEMS

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|--------------------------|--|----------|
| ☐ | Multi-tool | REQUIRED |
| | Must include hex keys matching every bolt on your bike. | |
| ☐ | Tyre levers (x3) | REQUIRED |
| | Three gives redundancy if one snaps. | |
| ☐ | Tubeless plugs (x6+) | REQUIRED |
| | Primary puncture repair. Carry more than you think you need. | |
| ☐ | Inner tube (x2) | REQUIRED |
| | Backup when tubeless can't be fixed. Match your tyre size. | |
| ☐ | Mini pump or CO2 canisters (x2) | REQUIRED |
| | CO2 is faster but limited uses. A pump is unlimited. | |
| ☐ | Chain lube | REQUIRED |
| | Enough for the full event. Lube daily in wet or dusty conditions. | |
| ☐ | Chain quick links (x2) | REQUIRED |
| | For chain repair. Must match your chain speed (11s, 12s, etc.). | |
| ☐ | Chain breaker | REQUIRED |
| | For repairing a snapped chain or converting to single speed. | |
| ☐ | Spare derailleur hanger | REQUIRED |
| | Model-specific. The most common race-ending mechanical — carry one. | |
| ☐ | Spare brake pads | OPTIONAL |
| | For multi-day events in wet or mountainous terrain. | |
| ☐ | Spare cleats + bolts | OPTIONAL |
| | Cleats wear fast on gravel events with hike-a-bike sections. | |
| ☐ | Duct tape (2m wrapped around pump or bottle) | REQUIRED |
| | Solves mudguard rattles, cracked bags, and dozens of micro-problems. | |

05 TOOLS & SPARES (CONT.)

- ☐ **Cable ties — mixed sizes (x10)** REQUIRED
For emergency fixes to anything loose, broken, or rattling.
- ☐ **Tyre boot (x2)** OPTIONAL
For sealing sidewall cuts that plugs can't handle.
- ☐ **Spoke key + spare spokes** OPTIONAL
For wheel truing after rough gravel or rock strikes.

06 NUTRITION & HYDRATION

6 ITEMS

- ☐ **Water bottles or hydration pack** REQUIRED
Minimum 2L capacity. Know source distances before each stage.
- ☐ **Electrolyte tabs or powder** REQUIRED
Minimum 1 per hour in heat. Prevents cramping and hyponatremia.
- ☐ **Ride food (enough for stage + 50% buffer)** REQUIRED
Gels, bars, rice cakes, real food. Never leave a supply point under-stocked.
- ☐ **Water filter or purification tablets** OPTIONAL
For remote stages with uncertain water sources.
- ☐ **Caffeine (gels, tabs, or coffee sachets)** OPTIONAL
Save for night sections and the pre-dawn low. Don't use early.
- ☐ **Reusable food containers** OPTIONAL
For storing leftovers and reducing single-use packaging.

07 DOCUMENTS & ADMIN

5 ITEMS

- ☐ **Passport / ID** REQUIRED
Required for international events and border crossings.
- ☐ **Emergency contact card (waterproofed)** REQUIRED
Name, blood type, allergies, next of kin. On your person, not just phone.
- ☐ **Cash (local currency)** REQUIRED
Card machines fail. Remote shops and cafes are often cash only.

07 DOCUMENTS & ADMIN (CONT.)

- ☐ **Travel insurance documents** OPTIONAL
Especially important for events in remote or international locations.
- ☐ **Hotel / accommodation bookings** OPTIONAL
Printed or saved offline. No signal at the door is a real scenario.

08 BIKE SETUP

10 ITEMS

- ☐ **Tyres checked and pressures set** REQUIRED
Check for cuts, embedded debris, and tread wear before the start.
- ☐ **Tubeless sealant topped up** REQUIRED
Sealant dries out. Check and top up within 48h of the start.
- ☐ **Chain cleaned and lubed** REQUIRED
Fresh lube before the start. Carry enough for the full event.
- ☐ **All bolts checked and torqued** REQUIRED
Stem, handlebars, bottle cages, racks, mudguards. Vibration loosens everything.
- ☐ **Brakes checked and bedded in** REQUIRED
Pad wear, lever feel, and rotor trueness. Bed in new pads before the event.
- ☐ **Gears indexed and shifting cleanly** REQUIRED
Check cable tension and limit screws. Don't leave this for race morning.
- ☐ **GPS mount secured** REQUIRED
Tighten quarter-turn mounts and check for vibration loosening.
- ☐ **Mudguards fitted and rattle-free** OPTIONAL
If conditions are wet. Check clearance and secure all stays.
- ☐ **Bags fitted and balanced** REQUIRED
Heavier items low and centred. Check nothing rubs tyres or cranks.
- ☐ **Dynamo hub wiring checked** OPTIONAL
If running dynamo lighting. Check connections and USB output.

09 SLEEP & BIVVY

6 ITEMS

- ☐ **Sleeping bag or quilt** REQUIRED
Rated to expected low temperature minus 5°C for safety margin.

09 SLEEP & BIVVY (CONT.)

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|--------------------------|---|----------|
| ☐ | Sleeping mat
Insulation from the ground is as important as the bag above you. | REQUIRED |
| ☐ | Tent or bivy bag
Bivy is lighter. Tent gives more comfort in sustained rain or insects. | OPTIONAL |
| ☐ | Tarp
Lightweight shelter option. Pairs with a bivy for versatile protection. | OPTIONAL |
| ☐ | Pillow (inflatable)
Weighs almost nothing, significantly improves sleep quality. | OPTIONAL |
| ☐ | Eye mask + earplugs
Transforms sleep quality in any light/noise environment. | OPTIONAL |

10 COOKING

7 ITEMS

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|--------------------------|--|----------|
| ☐ | Camp stove
Gas canister stoves are lightest. Alcohol stoves work but are slow. | OPTIONAL |
| ☐ | Gas canisters (x2 minimum)
Know where to resupply on your route. 110g canisters for multi-day. | OPTIONAL |
| ☐ | Pot / cook set
Titanium is lightest. 750ml is enough for one person. | OPTIONAL |
| ☐ | Spork or spoon
Long-handled spork reaches the bottom of freeze-dry pouches. | OPTIONAL |
| ☐ | Lighter / matches (x2)
Two ignition sources in waterproof bags. | OPTIONAL |
| ☐ | Freeze-dried or instant meals
High calorie, low weight. Test before the trip — some taste awful. | OPTIONAL |
| ☐ | Biodegradable soap
For washing pot and hands. Use away from water sources. | OPTIONAL |

11 COMFORT

7 ITEMS

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|--------------------------|--|----------|
| ☐ | Toothbrush + toothpaste
Travel size. Oral hygiene matters on multi-week trips. | OPTIONAL |
|--------------------------|--|----------|

11 COMFORT (CONT.)

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|--------------------------|--|----------|
| ☐ | Wet wipes / baby wipes
Camp "shower". Essential for chamois area cleaning at stops. | OPTIONAL |
| ☐ | Small towel (microfibre)
Packs tiny when dry. Doubles as cooling towel in heat. | OPTIONAL |
| ☐ | Toilet paper + trowel
Trowel for Leave No Trace cat holes. Pack out used TP in a bag. | OPTIONAL |
| ☐ | Insect repellent
DEET-based for high-mosquito regions. Essential for summer camping. | OPTIONAL |
| ☐ | Power bank (10,000+ mAh)
For charging phone and lights between checkpoint power stops. | OPTIONAL |
| ☐ | Phone charging cable + wall adapter
Know which cable every device uses. A missing cable at a checkpoint hurts. | REQUIRED |