

FOOD

nuts
dried fruits
cereals
milk powder
couscous
rice
pasta
lentils
millet
dried tomatos
dried mushrooms
tomato paste
vegetable broth
salt / pepper / mixed herbs
onion / garlic
oil
energy bars
vitamin-powder
teabags

BIKE TOOLS

bike pump
adapter Schrader Valve
multitool with chain breaker
repair kit
tape
zip ties
grease
brake cable
shifter cable
spair tubes
spare chain links
pliers
lights
first-aid-kit
lock

EQUIPMENT

tent
sleeping bag
roll mat
towel
drinking bottles
passport
creditcard
shades
toiletries
cleaning paste
wipes
Garmin
bike map
water bag
head lamp
glutual creme
sun creme
action Cam
power station

CLOTH

helmet
bib - short
jersey - short
toe overshoes
baselayer
leg warmers
arm warmers
vest
wind jacket
jacket
cycling shoes
casual pant
regular shoes

KITCHEN EQUIPMENT

cooker
lighter
curlery
breadboard
sharp knife
dishtowel
detergent
sponge
line + brackets
cup