

## 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

## 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

## 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

## KITCHEN EQUIPMENT

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

## CLOTH

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