

Bivi/Camping	
Bivi bag / tent	
Sleeping bag	
Short-length Thermarest	
Lightweight puffa jacket	
Shorts / Ronhills	
Merino wool t-shirt / long-sleeved top	
Headtorch	
Silk sheet bag	
Warm hat	
Other	
Sun screen	
Toothbrush	
Chamois cream	
Face mask (for Covid times)	
Hand gel	
Toilet paper	
First aid kit	
Ibuprofen	
Insect repellent	
Clothes washing powder (on 2+ day trip)	
Cooking	
Stove, gas and lighter	
Matches	
Pan	
Mug	
Spork	
Chopsticks	
Pen knife	
Pan grabber	
Water bladder / extra water bottle	
Washing up liquid	
Navigation	
Map	
Compass	
Battery pack and cables	
Garmins with routes	
Riding gear	
Rain-jacket	
Other riding kit	
Spare bibs and socks	
Bike lights	
Mini padlock	
Mechanicals/punctures	
Tubes x 2	
Multitool	
Chain-breaker	
Quicklinks	
Tyre boot	
Pump	
CO2 cannister x 2	
Tyre levers	
Cable ties	
Puncture repair glue and patches	
Tubeless puncture plugs	
Spare derailleur hanger	
Spare brake pads	
Sealant	
Food	
Instant coffee with milk powder included	
Large noodles	
Canned fish	
Dried mushrooms	
Dried seaweed	
Fried tofu	
Breakfast	
Snacks	
Day food	