

Bike Multiday Touring Checklist

Planning an overnight or longer bike tour? Our comprehensive gear checklist includes gear and storage options, accessories, repair items, clothing and more.

The Two Essentials

- Bike
- Helmet

Gear Storage

- Hydration pack
- Saddle (underseat) bag
- Handlebar bag
- Cargo rack plus trunk bag
- Panniers
- Trailer

Bike Accessories

- Headlight
 - Taillight (with blinking option)
 - Lock
 - Cycling computer/GPS/cellphone with bike app
 - Mirror (for handlebar or helmet)
 - Fenders
 - Water bottles with cages
 - Straps/bungee cords
 - Core Repair Items
 - Spare tube or tubes (and/or patch kit)
 - Pump
 - Tire levers
 - Cycling multi-tool (with Allen wrenches)
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Additional Repair Items

- Pressure gauge
- CO2 inflator (with cartridges)
- Spare spokes (minimum of 6)
- Spoke wrench
- 6" adjustable wrench
- General-purpose multi-tool
- Assorted nuts and bolts
- Spare tire
- Chain tool
- Replacement chain links
- Lubricant
- Brake and derailleur cables
- Spare components
- Spare cleats
- Repair/duct tape

Camping Basics

- Sleeping bag
- Sleeping pad
- Tent or tarp

Basic Clothing

- Wicking jersey or top
- Padded shorts or tights
- Gloves
- Shoes suited to bike's pedals
- Cycling socks
- Buff/bandana/cap/skullcap

Weather Protection

- Rainwear
- Stowaway windbreaker
- Insulation layer(s) for cool air
- Weatherproof, full-fingered gloves
- Arm/leg warmers
- Visibility vest

Personal Items

- Eye protection (sunglasses or clear lenses)
- First-aid items (see our First-Aid Checklist)
- Medical info/emergency contact card
- Toilet paper/tissue
- Sunscreen
- Lip balm
- Insect repellent
- Chamois cream
- Small, quick-dry towel for cleanups
- Performance food/gels/drinks
- Guidebook or route description
- Maps
- Toiletries
- Off-day clothing
- Camera
- Cell phone
- Cash/credit card/ID

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