

# Appendix A – Travel Preparations & Packing Checklist

## ANNOTATED PACKING LIST

This is meant to be a checklist from which to pick and choose from depending on the situation. No one in his or her right mind would take everything on this list on any trip. In fact, the less you can get by with the happier your travels might be. And, if you have special interest (i.e. bird-watching, SCUBA, astronomy) you will have an additional list of must brings that don't appear below.

- \* *When you check your baggage carry all documents and valuables that the thought of loosing for a few days (or permanently) is more painful than the thought of lugging them until you are back on you bike, and any items you will need during travel (i.e. medicine, air-pillow, toothbrush, reading materials) (marked on the list by asterisks \*).*

## DOCUMENTS & VALUABLES

Carry these on your person when traveling by airplanes, but they are probably safest left in a safe or concealed and buried in your luggage in the hotel room, than being carried as you walk around most towns and cities.

- \_\_\_ \* **passport with appropriate visa(s).** *In case of loss, photocopy the ID page and keep separate.*
- \_\_\_ \* **airline ticket: domestic & international.** *Photocopy the "passenger's coupon" and keep separate.*
- \_\_\_ \* **vouchers and confirmations.** *For accommodations, transportation and other pre-arranged services.*
- \_\_\_ \* **vaccination certificate with record of appropriate vaccinations.** *This is usually a yellow booklet.*
- \_\_\_ \* **trip itinerary**
- \_\_\_ \* **travelers checks and money.** *Keep TC's separate from passport and store TC receipts separately.*
- \_\_\_ \* **medic alert ID necklace or bracelet, personal medical summary.** *Listing allergies, blood type, medicines.*
- \_\_\_ \* **money belt or chest, angle or shoulder pouch.** *Travel with your documents in a protected place.*
- \_\_\_ \* **"just in case list", travel insurance policy..** *With names and numbers to call in case of an emergency.*
- \_\_\_ \* **cards.** *Driver license, credit, cash, insurance, prepaid phone, membership (Youth Hostel, frequent flyer, airline clubs). Keep separate a list of numbers, expiration dates and phone numbers to call in case of loss.*
- \_\_\_ \* **waterproof holder for documents**

## CLOTHING

*Dress in most of the world is generally modest and informal. While cycling loose shorts are generally acceptable. When meeting people be prepared to cover your legs and midriff. It is also not unusual to meet people of importance so it is good to have one nice outfit along. You can reduce your load by selecting versatile items and washing the day's clothes every afternoon. Laundry is often done by hand so avoid fabrics that are heavy, stiff and take a long time to dry (i.e. jeans.) Look for cool, sturdy, loose fitting, natural fabrics (cotton). Generally, they dry overnight. I specifically select items I will be willing to give away at the end of the trip. I also like a change of cloths and a swimsuit in my carry-on: On long trip with multiple flight you might be able to find a shower and change cloths at an intermediary airports, and in the event your bags get lost, with the swim suit, you can console your misery on the beach or at the side of a pool.*

- \_\_\_ **2 pairs of shorts for cycling.** *The day you wash and dry one pair you can wear the other.*
- \_\_\_ **2-3 shirts; T-shirts, blouses or jerseys.** *These should be comfortable for cycling. You can keep the weight down by just taking fewer and rinsing out that day's shirt when you wash-up in the evening.*
- \_\_\_ **athletic shorts or walking shorts.** *Slip over lycra bike shorts, swim in them or go walking.*
- \_\_\_ **casual summer slacks or summer skirt.** *Something you can get quad-duty out of: cycle in if need be; slip on and off easily; suitable for an evenings in the city and village; and presentable enough for a courtesy call on an official or diplomat – part of your "pannier-formal" nice outfit.*
- \_\_\_ **long-sleeve shirt.** *Multipurpose for sun protection (light colors are best), blocking insects (light colors are best), cool evenings, and formal calls if need be. Part of the "pannier-formal" ensemble.*
- \_\_\_ **sweater, wool shirt or fleece jacket.** *Evenings and nights, even in the tropics, can be cooler than people expect, especially in the cold season and at the higher elevations. Check the climate charts.*

- **2-3 sets of socks, underwear, lingerie.** *Cycling shorts are design to be worn without underwear so you may not use as many as you expect. Items used for the day can be rinsed out when you wash-up in the evening.*
- **shoes.** *A versatile, comfortable style good for cycling, walking, dancing, etc.*
- **shower sandals.** *Rubber thongs, zorries, flip-flops, poda-poda, Teva's or something for when you don't want to wear shoes and don't want to go barefoot.*
- **wind/rain jacket.** *A lightweight nylon shell is usually sufficient. Combine with sweater for warmth.*
- **wind/rain pants.** *Lightweight nylon that can be slipped-on over shorts for modesty around people.*
- **bathing suit and swim goggles.** *Optional: athletic shorts and a T-shirt can usually substitute.*
- **neck tie (men).** *Optional: They pack small and are an easy way to make an impression if you need to.*
- **sun hat.** *For when you are off the bike, a helmet serves the purpose while on the bike.*
- **warm hat, tights and gloves.** *Selectively: for areas and seasons when nights and mornings are below 10°C (50°F) a "ski-cap" and gloves can add a lot of comfort. Check the climate charts for your destination.*

## WELLNESS KIT

*This is important stuff. While major illness is rarely a problem, "small things" like scrapes, cuts and the sun have caused more than their share of inconvenience. Clean even minor cuts immediately -- bacteria loves warm weather. Drinking enough water so that you don't dehydrate. And, protect yourself from the sun. Most skin is not designed to take large amounts of unfiltered sun. Be prepared to prevent sun related illness.*

- **\* eyeglasses or contact lens.** *Don't forget the retainer, repair kit, case, cleaner and preparation.*
- **\* prescription medicine / inhaler.** *Also bring a duplicate prescription giving generic names.*
- **\* allergy medicine.** *Antihistamine.*
- **antibiotics.** *The two most common types of infections are gut and lung. Check with your physician.*
- **anti-malaria pills.** *Not always necessary, but extremely important in areas with malaria.*
- **bed net.** *Not always necessary. Nighttime biting insects are more of a problem in lowlands and more so only in certain seasons. Upscale hotels a more likely to have nets, fans, air-conditioners or all of the above, which lessen the problem. Self-supplied nets are useful in low-end hotels and village housing in seasons and places with night insects. Self-standing nets are most versatile. One source for this style is Long Road Travel Supplies, 800-359-6040, 510-540-4763, sales@longroad.com or www.longroad.com.*
- **feminine hygiene supplies (women).** *Pads are more readily available in less developed areas than tampons.*
- **first aid kit.** *Bandages, antiseptic cream/antibiotic ointment, 3 x 3 sterile pads, adhesive tape.*
- **\* medicine / remedies.** *Favorite treatment for allergies, headache, sinus and respirator infections, sore throats, indigestion (bismuth), nausea, constipation, diarrhea, insomnia, motion sickness, pain, insect bites, rash, fungus, infection, etc.*
- **\* sunglasses.** *Good UV filtering lenses, no side blinders that block peripheral vision while on a bike.*
- **sun screen (waterproof).** *Pack a lot, get a high "sun protection factor" (i.e. SPF 30).*
- **lip balm / chapstick.** *Select a variety with sunblock.*
- **non-petroleum skin lubricant (i.e. Y-K Jelly).** *Reduces genital discomfort from extend time in the saddle.*
- **vitamins.** *Your needs will depend on where & when you are traveling & what you are willing to eat.*
- **electrolyte powder.** *Sports drink.*
- **eye drops.**
- **water purifying filter pump or water purifying tablets.** *I prefer pump. Check drug store for tablets.*
- **insect repellent.** *DEET (n,n-diethyl-m-toluanide) is the common chemical. Because of absorption & toxicity, barrier methods are recommended. Use products with concentration of DEET less than 35%. Not recommended for children.*
- **extra prescription glasses, in case.** *For glasses and contact lens wearers.*
- **latex prophylactics and other contraceptives.** *For those whose lifestyle warrants them.*

## GENERALLY RECOMMENDED ITEMS

*These items are best brought because they tend to be used often or are small and hard to improvise.*

- **\* towel and wash cloth.** *Outdoor stores carry varieties made of special fabrics that dry quickly.*
- **\* soap, shampoo, \* toothbrush, \* toothpaste, dental floss, toilet paper, lotions, moisturizers, deodorant, etc.** *You don't need a month's supply. Refills of most of these items can be purchased along the way. It is convenient to*

pack these in a personal hygiene bag. Some international airports have showers. Including toiletries and a change of clothes in your carry-on can be useful for long trips with a long layover.

— **comb, brush, shaver/razor, scissors, mirror, Q-tips, cotton balls.**

— **laundry detergent.** In less developed countries this is often easy to buy in small packets, on location.

— **bandanna.** Useful for sweat, dust and emergencies of all varieties.

— **maps.** Help you keep your bearings. Sometimes maps are easier to buy at your destination.

— \* **watch or travel alarm.** But leave your expensive watch, and attention getting jewelry at home.

— **pocket knife.** Scissors & can opener are nice features. Prohibited in carry-on bags.

— **lightweight eating set** (knife, fork, spoon, plate or bowl, and cup). Even if you don't plan to cook any meals these items will let you cut up fruit, make a sandwich or have a picnic.

— \* **water bottle.** Valuable for fluids on all modes of travel -- carry one on airplanes, buses, trains, etc. Refilled before disembarking airplane for refreshment until you can situate yourself to get other liquids.

— **flashlight.** A headlamp-style allows you to cycle or do other work with you hands free.

— **extra batteries.** AA batteries and smaller can be hard to find in remote areas.

— **matches.** You may need to light candles, lamps or a mosquito coil.

— **sewing and repair kit.** Needle, thread, safety pins, buttons, small scissors.

— \* **ear plugs.** The soundproofing to the hotel's bar/disco may be minimal, and planes, trains, buses, villages, cities and snoring roommates may be louder than you may find enjoyable.

— **luggage.** This will be panniers on self-contained tours. A large, compact packing, duffel bag is also useful for packing panniers and loose items when you need to take a plane, train or bus.

— **padlock.** Useful on luggage, the doors of some bare-bone hotels and lockers at hostels. In some situations plastic wire ties can substitute.

— **plastic bags.** For water and dust protection, and organization, pack groups of items in clear plastic bags.

## OPTIONAL ITEMS

*If your bags are getting heavy these are items you might pare back or eliminate.*

— **Field guides.** Not only travel guides, but perhaps also books on birds, mammals, geology, plants, etc.

— **language books.** Bilingual dictionary and/or phrase book.

— \* **reading materials.** My choice is authors or subjects related to the area and volumes I can give away.

— **journal, diary, notebook, sketch pad, pens.** Some way to record the experience.

— **postcards of your home town and family pictures.** These are excellent to share with new friends.

— **extra passport pictures.** A couple just in case ... more if you will need additional visas along the way.

— **addresses of family and friends.** Technoids can bring pre-printed gum labels.

— **business cards.** (Even retired & students.) You will likely be asked for your address -- this is an easy solution.

— **small gifts.** Pens, maps, rulers, math & science things, novels, magazines, medical supplies, stamps, postcards, T-shirts, hats, cassettes, puzzles, jump ropes, baseballs, pins, balloons, etc.

— **plastic cup (folding).** If you will be taking bucket baths, a cup will help keep the water clean.

— **sink stopper.** Flat, universal style -- many sinks & tubs around the world have lost their stoppers.

— **bottle brush.** Help with the cleaning of water bottles.

— **laundry bag.** Can be extra large plastic, net or cloth bag.

— **cord or clothesline, clothespin, hangers.** When you are traveling light you need to wash clothes frequently.

— **super glue, tape, adhesives.** Your favorite items to fight entropy.

— **rucksack.** To get away from the bike for a day-hike -- a smallish lightweight one is usually sufficient.

— **folding umbrella.** These can help in rain and sun.

— \* **camera,** (35mm, digital, single use, panoramic, camcorder.) Bring the instruction book if it is new.

— **film.** (Storage medium for electronic devices) lots of it -- film tends to be more expensive as you go a field.

— **photo accessories.** Flash, lens, filters, tri- or monopod, lens cleaner, lead-lined bag, batteries, charger.

— **tape recorder and blank tapes.** Can be used for journal or recording local music and sounds.

— **binoculars.** For wildlife areas.

— **calculator / currency converter.** For figuring currency conversions.

— **handheld computer and accessories.** Another way to record your experiences.

— **cell phone.** No comment.

— **charger, power converter, plug adapters.**

- **compass, GPS device, altimeter.** *If you are going exploring this may help you find your way out.*
- **amusements.** *Cross-word or logic puzzles, cards, short-wave radio, harmonica, Mr. Bubbles, walkman, etc.*
- **instant-coffee or herb tea.** *Any thing you are addicted to that might be hard to find in rural markets.*
- **high energy comfort food.** *Because traveling and the foreign milieu aren't your normal routine, it is nice to have a "treat-a-day" of high energy comfort food -- food bars, trail mix or dried fruit (chocolate melts in heat). A treat that will bring you back to life when traveling gets the best of you.*

## BICYCLE EQUIPMENT

*I tend to pack all of my bike stuff together with the bike, except the helmet, so if the airline loses that parcel it all goes together, and as I go to "plan B" I won't be reminded that I had ever planned a bike trip.*

- **bicycle.** *The a number of variables for choosing a bike for a discussion on this see the IBF publication "Selecting & Preparing A Bike For Travel In Remote Areas". (It is an option, but totally voluntary, that you consider bring a bike that you can donate to a charity or sell inexpensively, at the end of your trip.)*
- **bicycle helmet.** *As well as reducing injuries in an accident, it will keep the sun off your head -- sun visors add to the protection provided. Pack your helmet carefully so that it can't get crushed.*
- **cycling gloves.** *Reduces road vibration and keeps stones out of your palms during a skid.*
- **baggage rack(s).** *A rear rack is normal. Consider adding a front rack if you will be carrying more than 14 kg (30 lbs) of gear.*
- **panniers.** *For self-contained tours. These need to be sturdy and large enough to carry what you need, but not too large to tempt you to bring too much. If you do have extra space, fill it later with souvenirs.*
- **handlebar bag or waist pack.** *This is where you put things you want handy (i.e. camera, sunscreen, money, notepad, etc.) Waist pack that can be slung on the handlebars are very versatile.*
- **tire pump.** *Double check that the pump nozzle fits the valves on your tubes. If you cut a cross-section of an old 27" inner tube it can be slipped over nozzle of the pump to keep dust out.*
- **water bottle cage.** *Should be sturdy -- flimsy one disintegrate on rough roads.*
- **water bottles.** *Usually at least two large bottles. Your need to carry water depends on your general consumption, the weather, the mileage, and the availability of water. In hot weather 1 liter per 10-15 km (6-10 miles) may be necessary. I prefer to carry large quantities of water in a couple of water bottles and a large capacity water sack. It's better to have too much capacity and not fill it, than to run short of water.*
- **toe clips.** *Optional: they can increase efficiency, some use them, and some don't.*
- **rear view mirror.** *Optional: while mirrors are convenient, you should be skilled at turning your head to look and know when it is important to do this. Mirrors are vulnerable to damage.*
- **mud guards.** *Can be a real bother or great help. If you hit real mud, fenders clog in seconds. There are flat guards that mount on the rear rack and down tube that help some and don't clog as quickly.*
- **lightweight 3'-5' cable & padlock.** *Most property crime is opportunistic -- people aren't carrying large bolt cutters. Generally while touring, bikes are never far from you and kept over-night in hotel rooms, but there may be times when you will want to discourage an opportunistic "grab & go".*

## PERSONAL BICYCLE TOOL KIT & PARTS

*There is an increasing amount of variation in bikes. This is a general list. Make sure you carry the tools that work on your bike.*

- **wedge tool bag.** *These are made to fit under the seat and are very handy for carrying tools.*
- **tire levers.** *Don't try to use screwdrivers as tire levers!*
- **inner tube.** *Needs to be the correct size for your tires. 27" and 700 tire users generally use more.*
- **patch kit: glue, patches, emery paper.** *Make sure that you have patches and the glue is fresh.*
- **adjustable wrench.** *4"-6" is a good size.*
- **4 mm, 5 mm, 6 mm hex (allen) wrench set.** *Hex wrench screws and bolts are increasing common on bike. Make sure you have a set that fits the needs of your bike.*
- **Phillips screwdriver and blade screwdriver.**
- **old toothbrush or gear cleaning brush.** *For cleaning dust and gunk off the chain.*
- **chain lubrication.** *A non-aerosol squeeze bottle is more environmentally friendly.*
- **brake cable.** *Check inside the brake hand levels for wear.*

- **gear cable.** *Make sure your gear cable is long enough to reach from the shift lever to the rear derailleur.*
- **spokes.** *One bike may use several sizes of spokes, checks that they fit your wheel. MTB's have few breaks. Most important for heavy people with heavy loads.)*
- **any other wrenches needed to do basic adjustments to your brakes, seat, derailleur or handlebars.**

*The following items are needed in certain limited situations.*

- **freewheel or cassette removing tool.** *This is needed if you break spokes on your rear wheel. They are brand specific so there needs to be one along that fit your bikes brand. Check with other members of the group.*
- **spare tire.** *Most important for 27" and 700 tire users. MTB tires need an extended trips to wear out.*
- **rear axle fitting your hubs.** *Generally, most important for heavy people with heavy loads.*
- **brake pads.** *If your pads are new when you start, only need on extended trips in mountainous areas.*

## VILLAGE HOUSING, ECONOMY HOTEL & HOSTEL EQUIPMENT

*Village housing and small rural hotels may be lacking in some of the creature comforts you are accustomed to. You might not be able to pack all of these, but this short list should make your stay more comfortable.*

- **sheets or sleep sack.** *Some small hotels don't provide linens or they are tattered. Your sheet can also be used as a picnic blanket, hung as a sunscreen and given as a gift at the end of the trip.*
- **sleeping bag or blanket.** *Tailor to needs (cold season, highlands areas, etc.) Check climate chart.*
- **\* air-pillow or camping pillow.** *Provides extra comfort on planes, trains, buses or hard floors.*
- **pillow case.** *One trick is to use cloths to make a pillow.*
- **backpackers air mattress or foam sleeping pad.** *Useful on hard floors of village housing.*
- **foam pad chair converter.** *An indulgence -- most common type works with self-inflating foam pads.*
- **ground cloth.** *Locally purchased straw mats can serve the same function.*

## CAMPING EQUIPMENT

*Camping is not practical in all parts of the non-Western world so investigate before planning to rely on it. Another argument for steering towards "village housing and economy hotels" is camping limits some interesting opportunity for social interaction. Camping also is associated with more security problems.*

- **tent and rain fly, and all tent stakes, poles, cords and ropes.**
- **ground tarp.**
- **trowel.**

## COOKING EQUIPMENT

*Carrying the cooking equipment can be a shared task. Someone needs to coordinate this. Local restaurants can be so economical that you can reduce your burden and increase your social integration by relying on them. Some countries have more interesting cuisines than others.*

- **stove.** *All-fuel stoves are most versatile in remote area. The stove must be empty of fuel and open (under no pressure) on airplanes.*
- **stove spare parts and repair kit.**
- **fuel bottle.** *Must be empty on airplanes.*
- **pots, pans and lids.** *The size of the group will dictate the specifics*
- **cooking utensils; spoons, spatula, large knife, can opener.**
- **scouring pad, dish soap.**
- **spices.** *Bring an assortment of salt, pepper, garlic, etc., in film cans. Spices are often hard to buy in small quantities, they are light and add to meals.*

## GROUP BIKE EQUIPMENT

*The group leader is responsible and should coordinate this equipment. Exactly what needs to be packed is dependent upon the length of the trip, the isolation of the route and the judgment of the leader.*

- allen wrenches: 3mm, 4mm, 5mm, 6mm.
- metric wrenches: 8mm-10mm, 9mm-11mm.
- spoke wrenches: DT, Japanese.
- cone wrenches: 13mm-14mm, 15mm-16mm.
- crank bolt wrench; 14mm/15mm/16mm.
- crank puller (universal).
- adjustable cup pin spanner.
- adjustable cup slot spanner.
- bottom bracket lock ring spanner.
- freewheel pin spanner.
- bottom bracket sealed bearing remover.
- pedal wrench.
- headset wrench 30mm-32mm.
- chain rivet tool.
- 12" adjustable wrench.
- pocket vise.
- pliers. *Long nose, with wire cutters, are often most useful.*
- vise grips.
- file.
- tire gauge.
- derailleurs: front and rear.
- rear dropout derailleur bracket.
- freewheel.
- chain.
- pedals: left and right.
- brake pads.
- cross-over cable and cross-over cable hanger.
- bearings; headset, crank, hubs and freewheel.
- assorted nuts, bolts and screws.
- grease.
- plastic wire ties.
- hose clamps.
- tape: electricians and duct.
- epoxy glue.