

<b>Personal items</b>	<b>Packed?</b>
Helmet	
Gloves	
Eye protection	
Warm hat and gloves	
Cycle shoes	
Socks x 2/3	
Trousers/shorts/tights x 2/3	
Base layers x 2/3	
Mid layers x 2	
Waterproof jacket (and trousers?)	
Toiletries	
Personal medication	
Personal 1 <sup>st</sup> aid kit	
Sleeping bag	
Roll mat	
Mug / plate / knife / fork / spoon	
Ziploc bags	
Watch / cycle computer	
<b>Shared equipment</b>	
Torch	
Map	
Compass	
Stove	
Fuel bottle (check it's full!)	
Cooking pots	
Matches / sparker / lighter (in waterproof container and a back up)	
Food	
Water and easy to refill water container	
Pot wash kit	
Toilet paper (in waterproof container!)	
Trowel	
Tent	
Spares and small toolkit	
Insect repellent	
Sun crème	
Spare inner tubes	
Pump	
Multi-tool	
Spare food	
Camera	

Please remember a downloaded sheet cannot replace proper training and experience, no one can take responsibility for your actions but you. Enjoy your adventures, be safe and try to come home in one piece.