

Personal items	Packed?
Helmet	
Gloves	
Eye protection	
Wind / Waterproof jacket (and trousers?)	
Suitable footwear	
Suitable clothing for the weather / environment	
Spare warm dry clothing	
Water	
Food	
Personal medication	
Change of clothes and shoes	
Leader / Group items	
Multi tool	
Tyre levers	
Puncture repair kit	
Spare inner tubes	
Pump	
Chain tool	
Cable ties	
Spoke keys	
Crank extractor	
Adjustable spanner	
Knife	
Spare brake pads / blocks	
M12 bolt and nuts	
Emergency single-speed kit	
Duck tape	
Tyre boot or patch	
Superglue	
First aid kit	
Compass	
Whistle	
Map (waterproof) and spare	
Mobile phone and coins for payphone	
Head torch	
Survival bag	
Group shelter	
Spare dry warm clothing	
Emergency food	
Extra fluids	

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.