

Touring cycling and wild camping kit list (2010)

Bike

Arkel XM front and rear panniers
Topeak Tourguide handlebar bag plus rain cover
3 water bottles
Topeak pocket rocket pump
Saddle tool bag - spoke wrench, screw driver, spanners, allen keys
Puncture repair kit
Spare inner tube
Dry chain lube

Camping

Terra Nova Laser Competition tent
Thermarest self inflating sleeping mat
Tesco Finest down sleeping bag
MSR Windpro Stove and gas cylinder
Matches and lighter
Halfords pans and cutlery set
Can opener
Insulated mug
Small bottle of washing up liquid
1 litre collapsable water bottle

Clothing

Helmet
'Specialised' cycling glasses
Outdoor Designs neck buff
3 base layer t-shirts
2 quick dry shirts
Corrine Dennis High Vis jacket
Corrine Dennis Hurricane Jacket
Rab Summit down smock
Rab Vapour Rise trousers
Craghopper Kiwi trousers
2 pairs of baggy cycling shorts
Underwear
3 pairs of sports socks
Gel gloves
'Lake' touring cycling shoes

Sustenance

'Look what we found' gourmet meals
British and US Army (MRE) rations
Chocolate
Boiled sweets
Chocolate Hobnobs

Electrical

Garmin Edge 705 cycle computer
Lumix G1 digital camera
Solar powered radio
iPod
Mobile phone and solar charger
Head torch
LED torch
Battery powered razor

Personal

Dr. Bronner's peppermint castile liquid soap
Toothbrush and paste
Quick dry lightweight towel
Toilet roll

Other stuff

High spec first aid kit
Suntan lotion
Insect repellent
Emergency survival gear and bag
Duct tape and cable ties
'Trespass' dry bags various sizes
Sewing kit
Reading matter
Notebook and pen