

AI-00005 100 Essential Items for Long Distance Cycling

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100 Essential Items for Long Distance Cycling

1. Bicycle
2. Helmet
3. Cycling shoes
4. Cycling shorts
5. Cycling jersey
6. Cycling gloves
7. Sunglasses
8. Water bottles
9. Water bladder
10. Hydration tablets
11. Energy bars
12. Energy gels
13. Electrolyte drink
14. Multi-tool
15. Tire levers
16. Spare tubes

17. Patch kit
18. Mini-pump
19. CO2 inflator
20. Spare tire
21. Chain lubricant
22. Chain tool
23. Spare derailleur hanger
24. Brake pads
25. Brake cable
26. Gear cable
27. Spare spokes
28. Spoke wrench
29. Duct tape
30. Cable ties
31. Ziploc bags
32. First aid kit
33. Sunscreen
34. Insect repellent
35. Lip balm
36. Chamois cream
37. Anti-chafing cream
38. Pain relievers
39. Anti-inflammatory medication
40. Hand sanitizer
41. Wet wipes
42. Tissues

43. Toilet paper
44. Money
45. Credit card
46. ID card
47. Insurance card
48. Mobile phone
49. Phone charger
50. Power bank
51. GPS device
52. Maps
53. Compass
54. Headlamp
55. Rear light
56. Front light
57. Reflective vest
58. Reflective tape
59. Bike lock
60. Bungee cords
61. Waterproof bags
62. Dry bags
63. Sleeping bag
64. Tent
65. Sleeping pad
66. Camping stove
67. Fuel canister
68. Lighter

69. Cookware
70. Eating utensils
71. Water filter
72. Water purification tablets
73. Knife
74. Multi-purpose tool
75. Clothesline
76. Clothespins
77. Towel
78. Soap
79. Shampoo
80. Conditioner
81. Toothbrush
82. Toothpaste
83. Deodorant
84. Hairbrush
85. Hat
86. Scarf
87. Gloves
88. Jacket
89. Raincoat
90. Warm socks
91. Warm hat
92. Sunglasses case
93. Camera
94. Spare batteries

- 95. Tripod
- 96. Bike computer
- 97. Heart rate monitor
- 98. Music player
- 99. Book
- 00. Pen and paper