

<h1>Packing List Guide</h1>		Please note that this is not an exhaustive list - use it as a guide and be sure to bring along other items which you may require - any questions please contact <a href="mailto:info@twowheeltours.com.au">info@twowheeltours.com.au</a>
<input type="checkbox"/>	Bike shoes + helmet (Mandatory Haute Route)	<input type="checkbox"/> <b>What will be available in the van/available:</b>
<input type="checkbox"/>	Leg warmers/leggings (Mandatory Haute Route)	<input type="checkbox"/> Track pump
<input type="checkbox"/>	Thermal over shoes (Mandatory Haute Route)	<input type="checkbox"/> Water
<input type="checkbox"/>	Gloves - short x 2 + long thermal x 1 (Mandatory Haute Route)	<input type="checkbox"/> Sun Cream
<input type="checkbox"/>	Thermal wind <b>and</b> waterproof jacket - NOTE - Temps at the top of the range can drop 15C in less than 10 mins - it CAN happen so <b>PLEASE</b> carry everything you'll need to get yourselves moving again (Mandatory Haute Route)	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/>	Arm warmers & arm coolers	<input type="checkbox"/> Baby wipes
<input type="checkbox"/>	Bag for wet/dirty clothes	<input type="checkbox"/> Maps
<input type="checkbox"/>	Bars/gels/powder - use what you know, you can't always find the same as 'back home'	<input type="checkbox"/> Rags
<input type="checkbox"/>	Bike - with compact crank, with minimum 28 rear cog	<input type="checkbox"/> Chain Lube
<input type="checkbox"/>	Butt butter / chamois cream	<input type="checkbox"/> Puncture kit
<input type="checkbox"/>	8GB thumb drive for tour photos from <i>twowheeltours</i>	<input type="checkbox"/> Tool kit
<input type="checkbox"/>	Chain Lube - if you have one which you MUST use We will have lube on tour	<input type="checkbox"/> CO2 canisters
<input type="checkbox"/>	CO2 head gadget (2 canisters in your checked luggage not in your bike box)	<input type="checkbox"/> Spare tire
<input type="checkbox"/>	Cycling kits - newish - x 3 & 2 x cycling gilet/vests	<input type="checkbox"/> Fruit
<input type="checkbox"/>	Drive and non-drive side spokes - in a small PVC pipe and labelled with your name	<input type="checkbox"/> Muesli bars
<input type="checkbox"/>	Extra Rear Derailleur Hanger (aka Derailleur Tip)	<input type="checkbox"/> Drink powder - electrolyte powder
<input type="checkbox"/>	Front + rear USB Chargeable lights - always good to have	<input type="checkbox"/> Tire boots
<input type="checkbox"/>	Garmin or similar with maps (highly recommended but <b>not mandatory</b> ) plus all the necessary cords	<input type="checkbox"/> Electrical Tape / Box Tape
<input type="checkbox"/>	Head sweat / bandana / cycling cap / 'buff' or similar <a href="http://www.buffwear.com/">http://www.buffwear.com/</a>	<input type="checkbox"/> Zip ties
<input type="checkbox"/>	Brake pads x4 and another set of CLEATS for your shoes, including the screws / Disc Brakes - 2 sets of pads	<input type="checkbox"/> Your daily musette - with your thongs/shoes and dry clothes
<input type="checkbox"/>	<i>Hydra Pack - for those on MTB tours</i>	<input type="checkbox"/>
<input type="checkbox"/>	Mini first aid kit including panadol / aspirin / heat rub / bandaids etc - Your personal toiletries	<input type="checkbox"/> <b>What guide will have:</b>
<input type="checkbox"/>	Mini-pump + Mini/Multi tool	<input type="checkbox"/> 2 x tubes
<input type="checkbox"/>	Mini tube of tire sealant if running tubeless	<input type="checkbox"/> Mini-pump / CO2 and gadget head
<input type="checkbox"/>	Quick chain link for your chain SRAM / Shimano / Campag specific	<input type="checkbox"/> Mini/Multi tool
<input type="checkbox"/>	Ride specific socks x 5 including <b>at least 2</b> wool pair	<input type="checkbox"/> Tire leavers
<input type="checkbox"/>	Riding specific under shirts x 2	<input type="checkbox"/> Puncture kit
<input type="checkbox"/>	Spare tire x 1 - please arrive with new tires on your bike	<input type="checkbox"/> Tire boot
<input type="checkbox"/>	Spare tube x 3	<input type="checkbox"/>
<input type="checkbox"/>	Sun cream / mini sun cream / x2 lip balm	<input type="checkbox"/> <b>Other:</b>
<input type="checkbox"/>	Sun glasses / clear glasses	<input type="checkbox"/> Clothing as you need - Dinners each night are relaxed affairs - shorts and shirts are more than okay
<input type="checkbox"/>	Tire leavers	<input type="checkbox"/> Thongs for off the bike
<input type="checkbox"/>	Zip lock bag or mini dry bag for money / phone / ID / business card - for back jersey pocket	<input type="checkbox"/> Swimmers in EU you will need speedos
<input type="checkbox"/>	Tire boot - Park Tool have one	<input type="checkbox"/>
<input type="checkbox"/>	Water bottles x 2	<input type="checkbox"/>
<input type="checkbox"/>	If you use zip ties & packing tape for packing your bike please bring more for shipping it home	<input type="checkbox"/>
<input type="checkbox"/>	If you have a 'one off' bike and you have special nuts/bolts/fixings find some and bring them along - ie seat post bolts for Look bikes	<input type="checkbox"/>
<input type="checkbox"/>	<b>Lastly anything else you can't live without while on the bike</b>	<input type="checkbox"/>

