**Adaptable Packing List for**

**Long Distance Travel**

 Rear Panniers Front Panniers Handlebar Bag Pannier Liners Waterproof Liners Ortlieb Bag Tent Outer Tent Pegs Poles Sleeping Bags Thermarest Straps for Thermarest Thermarest Repair Kit Tent Repair Kit Gas Stove Gas Nesting Pans + Handle Frying Pan 2 Plates and Mugs KFS Large Spoons Teaspoon Spatula Potato Peeler Tea Bags Coffee Salt+Pepper Oil Washing up Liquid Washing up Sponge Matches/lighter Candles Torch/Front Light Water Bottles Water Bag Insect Coils Insect Spray Water Steriliser Tablets Plastic Food Bags Honey Pot Mobile Phone GPS Phone + Charger Spare Phone Battery Watches SW Radio & Aerial Rear Light Spare Batteries Cycle Computers Camera + Charger Dog Dazer Bike Tools Cassette Remover Pen Knives Compasses Bike Locks Keys Pressure Gauge Pumps Valve Adapters 4 Innertubes Spare Tyre Patch Kit Glue Super Glue Spare nuts, bolts Spare Spokes Spare Brake Blocks Spare Pannier Hooks Spare Balls Grease Elastic Bands Rear View Mirrors Black Polish+Applicator Cleaning Cloths Electrician's Tape Glasses Repair Kit Passports Tickets Driving Licences Vaccination Document Maps Guide Books Data & Address Sheets Expense Sheets Photographs EU Health Card Travel Insurance Documents NHS Card Glasses Prescriptions Credit Cards CCI Cash Dollars & Euros Spare Passport Photos RTW Cards Pens Sellotape Tippex Note Book Book Airmail Paper/Envelopes Socks Shoes Overshoes Flip Flops Shorts Trousers Underwear T Shirts Warm Top Yellow Top Waterproof Top Thermal Top Thermal Bottom Waterproof Bottom Gloves Hat/Cap Crash Hat Thermal Hat Swimsuit Clothes Bags Soap Washing Powder Towel Toothbrushes Toothpaste Moisturising Cream Deodorant Disposable Razors Toilet Roll Tissues Brush Comb Eye Drops Sun Block Lip Salve Shampoo Sink Plug Clothes Line First Aid Kit Travel Sickness Pills Aspirin Diocalm Indigestion Tablets Antiseptic Cream Paper Stitches Worming Powder Bite Relief Sewing Kit Scissors Glasses Spares Glasses Sun Glasses Food!!