

## Checklist for the End to End cycle

Below is a list of the stuff I took while doing the End to End cycle.



Item	Check
<b>Bicycle Gear</b>	
Bike locks	
Bike light's front and back	
Water containers	
Panniers + rain covers	
<b>Camping Gear</b>	
Sleeping bags	
Tent	
<b>Clothing</b>	
Cycling shoes	
Cycling shorts	
Cycling jerseys	
Cycling mitts	
Helmet	
Cycling socks x 3	
Waterproofs	
<b>Electronics</b>	
Camera's (still+video) + chargers	
GPS + charger + USB cable	
Mobile phones + chargers	
<b>Miscellaneous</b>	
Scottish Youth Hostels membership card	
OS Travel Maps x 5	
First Aid Kit	
Sunblock	
Sunglasses	
Assos Chamois Cream	
<b>Personal</b>	
Personal medications	
Shower/hair stuff	
Towels	
Toothbrush and toothpaste	
Toilet paper	
<b>Tools</b>	
Bike repair kit	
Inner Tubes x 2	
Mini pump	
Tube patch kit	
WD-40	