## Checklist for the End to End cycle

Below is a list of the stuff I took while doing the  $\operatorname{End}$  to  $\operatorname{End}$  cycle.



Bike locks           Bike light's front and back         (a)           Water containers         (a)           Panniers + rain covers         (a)           Camping Gear         (a)           Sleeping bags         (a)           Tent         (a)           Cotling           Cycling shoes           Cycling shoes         (a)           Cycling shorts         (a)           Cycling greys         (b)           Cycling mitts         (a)           Helmet         (b)           Cycling socks x 3         (a)           Waterprofis         (a)           Electronics         (a)           Camera's (still+video) + chargers         (a)           GPS + charger + USB cable         (a)           Mobile phones + chargers         (a)           Moscellaneous         (b)           Scottish Youth Hostels membership card         (c)           OS Travel Maps x 5         (c)           First Aid Kit         (c)           Sunglasses         (a)           Assos Chamois Cream         (a)           Personal         (a)           Personal medications         (a)	Item	Check
Bike locks         Bike light's front and back           Water containers		
Bike light's front and back         Water containers           Panniers + rain covers		
Water containers       enniers + rain covers         Camping Gear         Steeping bags       entert         Cothing         Cycling shores         Cycling shorts       entert         Cycling shorts       entert         Cycling jerseys       entert         Cycling mitts       entert         Helmet       entert         Cycling socks x 3       entert         Waterprofs       entert         Electronics         Enera's (still+video) + chargers         GPS + charger + USB cable       entert         Mobile phones + chargers       entert         Mobile phones + chargers       entert         Scotish Youth Hostels membership card       entert         OS Travel Maps x 5       entert         First Aid Kit       entert         Sunglasses       entert         Assos Chamois Cream       entert         Personal       entert         Personal medications       entert         Shower/hair stuff       entert         Towels		
Camping GearSleeping bags		
Sleeping bags   Tent   Clothing   Cycling shoes ————————————————————————————————————	Panniers + rain covers	
Sleeping bags   Tent   Clothing   Cycling shoes ————————————————————————————————————	Camping Gear	
Tent  Clothing  Cycling shoes Cycling shorts Cycling jerseys Cycling mitts Helmet Cycling socks x 3 Waterproofs  Electronics Camera's (still+video) + chargers GPS + charger + USB cable Mobile phones + chargers Miscellaneous Scottish Youth Hostels membership card OS Travel Maps x 5 First Aid Kit Sunblock Sunglasses Assos Chamois Cream  Personal medications Shower/hair stuff Towels		
Cycling shorts   Cycling jerseys   Cycling mitts   Helmet   Cycling socks x 3   Waterproofs   Electronics   Camera's (still+video) + chargers   GPS + charger + USB cable   Mobile phones + chargers   Miscellaneous   Scottish Youth Hostels membership card   OS Travel Maps x 5   First Aid Kit   Sunblock   Sunglasses   Assos Chamois Cream   Personal   Personal medications   Shower/hair stuff   Towels		
Cycling shortsCycling jerseys—————————————————————————————————	Clothing	
Cycling jerseys   Cycling mitts   Helmet   Cycling socks x 3   Waterproofs   Electronics   Camera's (still+video) + chargers   GPS + charger + USB cable   Mobile phones + chargers   Miscellaneous   Scottish Youth Hostels membership card So Travel Maps x 5   First Aid Kit Sunblock   Sunglasses Sunglasses   Assos Chamois Cream Personal   Personal medications Shower/hair stuff   Towels Towels	Cycling shoes	
Cycling mitts   Helmet   Cycling socks x 3   Waterproofs   Electronics   Camera's (still+video) + chargers   GPS + charger + USB cable   Mobile phones + chargers   Miscellaneous   Scottish Youth Hostels membership card   OS Travel Maps x 5   First Aid Kit   Sunblock   Sunglasses   Assos Chamois Cream   Personal   Personal medications   Shower/hair stuff   Towels	Cycling shorts	
Helmet Cycling socks x 3 Waterproofs Blectronics Camera's (still+video) + chargers GPS + charger + USB cable Mobile phones + chargers Miscellaneous Scottish Youth Hostels membership card OS Travel Maps x 5 First Aid Kit Sunblock Sunglasses Assos Chamois Cream Personal Personal Personal medications Shower/hair stuff Towels	Cycling jerseys	
Cycling socks x 3 Waterproofs  Electronics  Camera's (still+video) + chargers  GPS + charger + USB cable Mobile phones + chargers  Miscellaneous  Scottish Youth Hostels membership card OS Travel Maps x 5 First Aid Kit Sunblock Sunglasses Assos Chamois Cream  Personal  Personal medications Shower/hair stuff Towels	Cycling mitts	
Waterproofs  Electronics  Camera's (still+video) + chargers  GPS + charger + USB cable  Mobile phones + chargers  Miscellaneous  Scottish Youth Hostels membership card  OS Travel Maps x 5 First Aid Kit  Sunblock  Sunglasses Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	Helmet	
Electronics Camera's (still+video) + chargers GPS + charger + USB cable Mobile phones + chargers  Miscellaneous Scottish Youth Hostels membership card OS Travel Maps x 5 First Aid Kit Sunblock Sunblock Sunglasses Assos Chamois Cream  Personal Personal medications Shower/hair stuff Towels	Cycling socks x 3	
Camera's (still+video) + chargers  GPS + charger + USB cable  Mobile phones + chargers  Miscellaneous  Scottish Youth Hostels membership card  OS Travel Maps x 5  First Aid Kit  Sunblock  Sunglasses  Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	Waterproofs	
GPS + charger + USB cable Mobile phones + chargers  Miscellaneous  Scottish Youth Hostels membership card OS Travel Maps x 5 First Aid Kit Sunblock Sunglasses Assos Chamois Cream  Personal Personal medications Shower/hair stuff Towels	Electronics	
Mobile phones + chargers  Miscellaneous  Scottish Youth Hostels membership card  OS Travel Maps x 5  First Aid Kit  Sunblock  Sunglasses  Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	Camera's (still+video) + chargers	
Miscellaneous  Scottish Youth Hostels membership card  OS Travel Maps x 5  First Aid Kit  Sunblock  Sunglasses  Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	GPS + charger + USB cable	
Scottish Youth Hostels membership card  OS Travel Maps x 5  First Aid Kit  Sunblock  Sunglasses  Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	Mobile phones + chargers	
OS Travel Maps x 5  First Aid Kit  Sunblock  Sunglasses  Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff  Towels	Miscellaneous	
First Aid Kit Sunblock Sunglasses Assos Chamois Cream  Personal Personal medications Shower/hair stuff Towels	Scottish Youth Hostels membership card	
Sunblock Sunglasses Assos Chamois Cream  Personal Personal medications Shower/hair stuff Towels	OS Travel Maps x 5	
Sunglasses Assos Chamois Cream  Personal  Personal medications Shower/hair stuff Towels	First Aid Kit	
Assos Chamois Cream  Personal  Personal medications  Shower/hair stuff Towels	Sunblock	
Personal Personal medications Shower/hair stuff Towels	Sunglasses	
Personal medications Shower/hair stuff Towels	Assos Chamois Cream	
Shower/hair stuff Towels	Personal	
Towels Company of the	Personal medications	
	Shower/hair stuff	
Toothbrush and toothpaste	Towels	
	Toothbrush and toothpaste	
Toilet paper	Toilet paper	
Tools	Tools	
Bike repair kit	Bike repair kit	
Inner Tubes x 2	Inner Tubes x 2	
Mini pump	Mini pump	
Tube patch kit	Tube patch kit	
WD-40	WD-40	

Website: www.endtoend-cycle.com