

Sportswear

- Cycling shorts (padded) short/long
- Sport shirts
- Sport shoes
- Sport socks
- Functional underwear
- Fleece sweater or jacket
- Windstopper
- Sport glasses
- Bicycle helmet
- Bicycle gloves
- Rain jacket and pants
- Rain cover helmet

Casual Wear

- Pants short/long
- Belt
- Underwear
- Socks
- T-Shirts
- Sweater
- Jacket
- Shoes
- Swimming trunks
- Towel
- Cap or hat
- Pyjama

Care & Hygiene

- Shower gel
- Shampoo and hair care
- Comb and brush
- Cream and lip care
- Toothbrush and toothpaste
- Shaving kit
- Menstrual hygiene
- Deodorant
- Sun cream
- After Sun Lotion
- Contact lens solution
- Paper tissues
- Toilet paper

First Aid Kit

- Plaster
- Bandage
- Ointment
- Painkillers
- Mosquito repellent
- Disinfectant
- Remedy against diarrhea
- Other personal medicines

Technical Equipment

- Mobile phone
- Watch
- Charger
- Additional powerbank
- Adapter
- Map material
- Bike computer
- Bicycle light
- Flashlight or headlamp
- Lighter
- Pocket knife

Tools & Spare Parts

- Multitool
- Repair kit
- Spare tube
- Air pump

Food & Drink

- Snacks, e.g. bars, dried fruits, nuts, etc.
- Dextrose
- Food supplement
- At least two full water bottles

Documents & Money

- ID and passport
- EC card/Credit card
- Vaccination card
- Cash
- Travel documents
- Stationery