

MY PACKING AND GEAR LIST— INCLUDING POST-TRIP ASSESSMENT

Bags

Patagonia Duffle bags 90l waterproof & durable x2—YES
Luggage lock x2—YES (though I lost mine half way through and it didn't make a difference)
Daypack—YES

Documents

Passport—YES
Passport copy—YES
Swiss residence pass—YES
Driving license—YES (in case you want to rent a car in Cape Town)
Immunization records—YES (yellow fever certificate might be required at some borders)
Khartoum–Nairobi flight confirmation—YES (if applicable)
Kenya visa confirmation—YES
Uganda visa confirmation—YES (if applicable)
Rwanda visa confirmation—YES (if applicable)
Rwanda Gorilla trekking permit payment confirmation—YES (if applicable)
Travel insurance confirmation—YES
Health insurance confirmation—YES
Cape Town return flight confirmation—YES (but not required to enter South Africa)
List of essential phone numbers—YES

Valuables

Cash—YES
Online banking PIN token—YES
Bank and credit cards—YES (make sure they don't expire during your trip!)

Camping pack

Tent: Hilleberg Allak—YES
Tent: Hilleberg Allak Footprint—YES
Tent: Hilleberg Allak Inner Tent Holder—NO (never used)
Tent: Hilleberg Allak Spare Poles—YES (just in case, but didn't use)
Tent: Hilleberg Allak Spare Titan Pegs x3—NO (depends on the quality of your tent/pegs)
Sleeping bag rated for 3 seasons: Highlight Absolut 0—YES

Sleeping bag liner (silk)—YES
 Mattress: Therm-a-Rest NeoAir Xlite Large—YES
 Mattress: Therm-a-rest home repair pads—YES
 Mattress: Therm-a-rest field repair pads x2—YES
 Mattress: Therm-a-rest replacement valve—YES (just in case, but didn't use)
 Therm-a-rest LuxuryLite UltraLite Cot (back-up against African thorns)—NO (mattress kept up fine)
 Spare guy line/washing line (7 meters)—YES
 Cloth pegs for hanging up washing—YES
 Washing line (short twisted line that works without cloth pegs)—YES (optional)
 Wilderness wash (SeaToSummit for clothes, hair, body; 250ml)—NO (use normal all-purpose soap)
 Outdoors towel—big—YES
 Outdoors towel—small—NO (just use bigger one)
 Headlamp with rechargeable batteries: Black Diamond Revolt—YES
 Extra rechargeable batteries for headlamp—YES
 Sewing set—YES
 Safety pins—YES
 Duct tape—YES
 Garment bags to compartmentalize (various sizes from MUJI)—YES
 Gragment bags for washing (so clothes don't get lost; MUJI) x2—NO (clothes are always handwashed)
 Spare plastic ziploc bags and rubber bands—YES (but can also buy locally)
 Small waste bags—YES (just a few as you get heaps of plastic bags locally)
 Camelbak Chute Insulated water bottle 600ml—YES (to enjoy warm drink as soon as you wake up)

Normal clothes

Outdoors shirts (instead of T-shirts) x3—YES (but 1-2 would be enough)
 Long sleeve shirts (UV protecting/cooling) x2—YES (but 1 would be enough)
 Long sleeve shirt (thermal/merino) x1—YES
 Leggings (thermal/merino) x1—YES
 Long outdoors pants x2—YES (but 1 would be enough)
 Shorts (also to wear on top of cycling shorts in muslim countries) x2—YES (but 1 would be enough)
 Old silk top & adidas shorts for sleeping (instead of pyjamas) x1—YES (anything that does the job)
 Merino jacket (instead of fleece jacket) x1—YES
 Sun cap with ear/neck cover (instead of sun hat) x1—NO (never used)
 Sandals x1—YES
 Lightweight hiking shoes (for Gorilla trekking etc.) x1—YES (if applicable)
 Old sneakers (for daily use at camp) x1—YES (combine with above)
 Flip flops x1—YES
 Bikini x1—YES
 Rain pants x1—YES
 Outdoors dress (=compact dining wear) x1—YES
 Underwear bra x1—YES
 Underwear panties x2—YES
 Cap x2—YES (but 1 would be enough)
 Buff headband x1—YES
 FlipBelt (instead of money belt) x1—NO (never used)
 Mid-height merino socks (mosquito/creepy crawly protection) x1—YES

Cycling clothes

- Helmet (D-ALTO L.E.)—YES
- Shoes (Shimano SH-WM64W white)—YES
- Sandals (Keen Commuter IV)—NO (never used)
- Windbreaker/rain jacket (Gore Bike Wear)—YES
- Wind vest (Löffler)—YES
- Cycling jerseys x6—YES (4 would be enough)
- Cycling shorts—large size x4—NO (buy them so they fit almost too tight to start with)
- Cycling shorts—medium size x3—YES
(bring 4-5x pairs as they wear out and become see-through, different cuts against butt sores)
- Cycling underwear (cooling/x-bionic energizer) x2—NO (never used them while cycling, only overnight)
- Cycling underwear (extra padding/Craft Cool) x1—YES (never used, but perhaps should have)
- Cycling underwear (extra padding/Pearl Izumi) x1—YES (only used once, but made a big difference)
- Sports bra (cooling/x-bionic) x1—YES (optional)
- Sports bra (other) x3—YES (but 2 pairs in total would be enough)
- Leg warmers (iXS) x1—YES
- Knee warmers (iXS) x1—NO (never used; only if you prefer knee to leg warmers)
- Arm warmers (x-bionic effektor) x1—YES
- Undershirt (endura; can also use as T-shirt) x1—NO (if you have enough other warm clothes)
- Undershirt (energizer singlet x-bionic, can also use as T-shirt) x1—YES (loved wearing it at camp)
- Undershirt (singlet revolution odlo) x1—YES (loved wearing it at camp)
- Socks x6—YES (but 3 pairs is enough)
- Overshoe (Löffler) x1—YES (never used, but would have if it had rained in South Africa to keep warm)
- Cycling gloves short (Giro Strate Dure Supergel) x1—YES
- Cycling gloves short (Cube Natural Fit) x1—NO (1 pair is enough)
- Cycling gloves long (Giro Neo Blaze waterproof) x1—YES (but bring warmer ones with fleece)
- Sunglasses: adidas Elevation Climacool (incl. sweat protection & 2nd pair of lenses)—YES (back-up)
- Sunglasses: Alpina Tri-Scray (incl. 2 additional pairs of lenses)—YES
- Arm coolers (Karnik, white) x2—YES (but 1 pair is enough)
- Arm coolers (Sugoi, white) x1—NO (never used)
- Arm coolers (Santini Acquazero Triathlon, black) x1—YES (I absolutely loved them, they really work!)
- Leg coolers (Sugoi, white/black) x2—YES (but bring 2 black pairs, no white)
- Headband thermal x1—NO (sweatband is sufficient to keep warm when it's cold)
- Headband cooling (x-bionic) x1—YES (I absolutely loved it: keeps cool, keeps sweat away from your eyes, keeps you warm in the mornings, helps to block wind so you can hear audio files while cycling)
- Arm sweatbands (x-bionic/cooling) x2—YES (but 1 is enough,)
- Cooling cap (Sugoi) x1—NO (never used it, but might be helpful if you're baldheaded)
- Buff headband for mouth protection (e.g. in case of sand storms) x1—YES
- High visibility vest x1—YES (unless you have other reflective items)
- Reflective arm bands x3—NO (never used them)

Medical pack

- Antimalaria medication (Lariam for 4 months)—YES
- Antihistamines (Zirtec, Mepha)—YES (if you're allergic to insect bites, bring lots!!!)
- Basic anti-diarrheal (Imodium, 20 tablets)—YES
- Charcoal tablets (against mild diarrhea)—NO (diarrhea gets so violent that you'll need stronger stuff)

Antibiotic e.g. for travellers diarrhoea (Ciprofloxacin 500mg)—YES
 Desinfectant cream for wounds (Bepanthen)—YES
 Antibiotic for wound infection (Fucidin 15g)—YES
 Simple painkillers (Paracetamol, 20 tablets)—YES
 Stronger painkiller (DoloSpedifen forte, 400mg)—YES
 Throat lozenges—YES
 Anti-spasmodic (Buscopan, 20 tablets)—YES
 Oral rehydration salts (Elotrans, 20 sachets)—YES
 Antiemetic (against nausea/vomiting—Motilium, 10mg)—YES
 Ginger tablets (against mild nausea, sore throat)—YES (optional)
 Eyedrops (Visimed)—YES
 Tablets against constipation (Dulcolax)—YES
 Lip herpes cream (Zovirax)—YES

Nutritional supplements

Probiotic tablets—YES (bring lots; I would take them daily pre-emptively, and lots after antibiotics which many riders need at some stage due to diarrhea infections)
 Aspirin+C x20—NO (bring lots of Vitamin C supplements instead)
 Daily multi-vitamin complex x120—YES
 Daily magnesium/calcium complex x100—YES
 Daily iron supplement x30—YES (would bring enough for the entire trip)
 Omega 3 supplement x100—YES
 Electrolyte for daily drink (Nutrinxion 700g)—YES (optional; I'd bring more next time)
 Energy bars (Amway Nutrilite) x30—YES (optional; I'd bring more next time)

Toiletries

Chamois cream (Veloplus, Scholl Hirschtalg)—YES (1 tube is enough)
 Zinc cream (supposed to be great for saddle sores)—YES
 Cream with Nystatin (Multilind, supposed to be great against saddle sores) 20g—YES
 Sports tape (Theraband)—YES (though I didn't use it)
 Moleskin—YES (great to tape onto your butt if you get saddle sores)
 Sunblock face (Chantecaille SPF 45+++ 40ml) x2—YES
 Sunblock body (Daylong SPF 50+ 200ml)—YES
 Lip balm (Vichy, SPF 30+)—YES
 After-sun lotion (Lavera 200ml)—NO (never used it)
 Face & body cream (Argan oil body butter, 300ml)—YES (I loved it)
 Vaseline (100ml)—YES (you'll need thick cream because of the dry wind)
 Wound cleanser (alcohol antiseptic wipes x100)—YES
 Insect repellent skin (kik ACTIV with DEET, 100ml) x2—YES (though I got bitten anyway)
 Insect repellent materials (Nobite with permethrin 200ml)—YES (though I got bitten anyway)
 Hand sanitizer (Trek & Travel 89ml) x2—YES
 Body wash (Trek & Travel 50 leaves)—NO
 Hair wash (Trek & Travel 50 leaves)—NO (use normal shampoo)
 Baby wipes (3 x 72)—YES
 Toilet wipes (5 x 25)—YES
 Face wipes (2 x 20)—YES

Small mirror—YES
Tooth brush x2—YES
Tooth paste—YES
Dental floss—YES
Tissue paper—YES
Cotton swabs x30—YES
Nail scissors—YES
Nail clip—YES
Nail skin remover—YES
Nail file—YES
Nail brush—YES
Tweezers—YES
Makeup concealer—YES
Small hair brush—YES
Comb—YES
Baby powder (as dry shampoo; Penaten 100g x2)—YES (but 1x is enough)
Deoderant x2—YES
Floral hair spray—YES
Earplugs x3—YES
Razor x2—YES
Hair bands x5—YES
Hair clips x2—YES
Female stuff: Tampons—YES
Female stuff: Panty liners—YES
Female stuff: Menstrual cup—NO (expect your period to reduce/stop due to physical effort)

Bike

Koga Signature Traveller—YES
Pedals: Shimano Deore XT PD-T8000 SPD—YES
Saddle: ISM PR 1.0—YES
Handlebar (taped)—YES
Bottle cage x2—YES
Water bottle (Elite Iceberg 2h insulate bottle 650ml) x2—YES
Bell—YES
Front light (D-Light)—YES
Back light (D-Light)—YES
Gopro handlebar mount—YES
Garmin speed and cadence sensors—YES (but bring spare rubber bands as they tend to break)
Saddle bag (Apidura)—YES
Handlebar bag (NC-17 Connect)—YES
Bike mirror—YES (though it broke half way and I was also fine without)

Bike pack

Gauze—YES
Band aids—YES
Alcohol wipes—YES

Tape—YES
Plasters—YES
Plastes for blisters—YES
Sunblock face (Chantecaille SPF 45+++ 40ml)—YES
Sunscreen body (Lavera SPF30 75ml)—YES (if you don't use arm and leg coolers)
Lipbalm (Roche Posay, SPF 50+)—YES
Anti-inflammatory/pain med (Ibuprofen)—YES (though Paracetamol is the safer choice)
Antihistamines (Xyzal / Citirizin Mepha)—YES
Imodium—YES
Cortisone (Spiricort)—YES
Ginger tablets (against nausea)—NO
Rehydration salts—YES
Hand sanitizer (Care Plus 35ml)—YES
Toilet wet wipes—YES
Toilet paper—YES
Small external battery for phone/GoPro—NO (never needed to re-charge while cycling)
Small charging cable for phone/GoPro—NO (never needed to re-charge while cycling)
iPod—YES
Earphones—YES
Cable lock (small)—YES
Spare tube—YES
KOGA tool (replaces multi-tool)—YES
Screw driver (to adjust gears/derailleur)—YES
Small pump—YES
Tire patch kit including tire lever—YES
Chain break tool—YES
Closing chain link—YES
Gear brush—YES
Chain lube—YES
Small rug—NO
Post-it note block and pen (daily itinerary back-up)—YES
Sari (to cover up when getting off the bike in Muslim countries)—NO (never used it)
Lighter (to burn toilet paper)—NO (sorry to admit I never used it)
Small waste bag—YES
Female stuff: Hygienic waste bags—YES (only if you have your period)
Female stuff: FUD (only women need to understand)—NO (never used it)

Bike spare parts & cleaning

Tire: Schwalbe Marathon Supreme 50—NO (1 pair lasted all the way, no need for spares)
Tire offroad: Schwalbe Smart Sam Plus—YES
Spare tubes x5—YES
Spokes x4—YES
Chain x1—YES (perhaps even 2x)
Chain joint x3—YES
Chain lube—YES
Degreaser—YES

Old rags—YES
Handlebar tape—NO (unnecessary, unless your gear/brake cables run underneath)
Brake cable with the appropriate housing and ends x1—YES
Derailleur cable with the appropriate housing and ends x1—YES (perhaps x2)
Brake pad sets x2—YES
Replaceable derailleur hanger x1—YES
Patch kits (incl. 2 tire levers and extra spare pads) x2—YES (bring 20+ spare pads)
Multi-tool (20px)—YES
Water bladder (Source, 3l)—YES (didn't use it, just in case the water bottle got lost/stolen)
Water bottle (Elite Iceberg 2h insulate bottle 650ml)—NO
Cable lock—YES
Smartphone holder—NO

Electronics

Solar panels—YES
External battery (RavPower TurboSeries 20100mAh/74.3Wh)—YES
Smartphone—YES
Old smartphone (as backup)—YES
Smartphone charging cable—YES (bring 2-3 as they tend to stop working due to the weather)
Samsung tablet (for daily blogging as I cannot charge Laptop via solar panels)—YES
Samsung tablet—keyboard/cover—YES
Laptop (MacBook Air 13"; for video editing as tablet isn't sufficiently powerful)—YES
Laptop charging cable—YES
GoPro—YES
GoPro—charging cable—YES
GoPro—SDcard x2—YES
GoPro—helmet mount—YES (incl. 2-3 fixtures between frame and mount as they tend to break)
GoPro—spare battery—YES
Kindle—YES
Camera (Canon S110)—YES
Camera—external battery charger—YES
Camera—spare battery—YES
Garmin Vivoactive HR—YES
Garmin Vivoactive HR—charging cable—YES
Outlet adapter for foreign plugs (UK style)—YES (add South Africa style)
Spare headset with earplugs—YES
ipod charging cable—YES
Spare charging cable for phone & ipod & GoPro—YES