



Electrics	
	20,000 mAh power bank
	Garmin and phone cables, 2 sets in case of loss
	Garmin + 1x phone for the route
	Garmin watch as a backup (route and track)
	2x rear lights
	2x front light, powerful and long-lasting (Suprabeam) headlamp
	Battery for heart rate belt
	Batteries for SRAM shifter
	AAA batteries
	Airtag (Apple)

Equipment	
	Arm warmers + leg warmers
	Rain jacket + rain pants
	Neck warmer
	Velcro straps for securing clothing to the handlebars while riding
	Gloves
	Shoe covers
	Down jacket
	Zebra sunglasses
	(Tête de Course) jersey
	Bib shorts
	Base layer
	Socks
	Sleeveless vest
	Helmet
	Shoes
	Puls belt
	Cap

Mechanics	
	Black tape
	Roll of Velcro
	Straps
	Quick-release buckle for the chain
	Piece of tire
	Pump
	2x CO2 cartridges

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	2x inner tubes
	Spare tubeless sealant
	Foot pump for hotels
	1x spare tubeless tire
	Valve extension, mini valve wrench, valve cap
	Patch (gravel)
	Multi-tool, chain tool
	Tire lever
	Tire spatula
	Derailleur hanger (gravel)
	Low gear
	Cable clamp

Food	
	gummy: Sponser, Haribo, ...
	Energy drink, electrolyte drink
	Sweet snacks: Snickers, banana, Biberli
	CamelBak or third water bottle
	2 x 1-liter water bottles
	Salt capsules

Health	
	Band-aid
	Sunscreen
	Ass cream
	Assos healing ointment
	Anti-inflammatory
	Sleeping pill
	Emergency blanket or sleeping bag
	Antiseptic and gauze pads
	Aspirin
	Toothbrush
	Passport, ID card
	Rega card

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Casual	
	Merino t-shirt
	Underwear
	Shorts
	Socks
	Birkenstock
	Vest/Sweater

Bagage	
	Talfin luggage rack
	Apidura frame bags
	Bike transport case
	Case + 30L backpack

Bike	
	Wheels: Depending on the route
	Gears: 34-34 ; 52-11 : Depending on the route
	Handlebar: Flat? Extensions? : Depending on the route
	Water bottle cage

To Pay Attention	
	Check and charge the Di2 battery
	Check and charge the power bank
	Charge and check all lights, Garmin, and iPhone before departure
	Download and check the route on the Garmin
	Use a hand pump to inflate tires to the correct pressure after the flight