

bikepacking frica .

IMPORTANT: This list is an indication of what to pack. The ultimate decision on what to pack will be yours. Remember there is no such thing as unpleasant weather or an uncomfortable cycling journey just an unprepared rider.

WEATHER CONDITIONS: Make sure that you are aware of the weather before packing. Dress accordingly depending on the conditions: take warm clothes when it is cold. When raining make sure to use rain gear and dry bags when packing your bike.

General:

1. Bags are your friend especially when raining! Dry bags are a great solution but zip lock bags are also great and sometimes they are cheaper to buy.
2. Keep things as light and compact as possible.
3. When doing a self supported long distance ride separate food for each day. Pack each day's food separate, but pack all food related items together.
4. Keep all your clothes together in one bag.
5. Keep tools together and in an easy accessible spot.

Bike Bags:

1. Saddle Bag - Excellent place to store lightweight/bulky camp gear.
2. Handlebar Bag - Perfect place to store cylindrical things, and or clothing layers.
3. Frame Bag - Store your heavy/dense items here.
4. Backpack - If it does not fit in or on a bike bag put it in your backpack.

| Item | Description | Pack in... | Weight - kg | Packed Size | Where to Buy | Estimate Cost | Quantity | Total Estimated Cost |
|--------------------------------|---|---------------|-------------|-------------|---------------------|---------------|----------|----------------------|
| Handle Bar Bag | Bag that fits to handle bars | Handlebar Bag | | | MTBikepacking.co.za | R600 | 1 | R600,00 |
| Sleeping Bag if Camping | Columbia reactor omni-heat (35 F - 2 C) | Handlebar Bag | 0.5 | | Trappers Traders | R1 500,00 | 1 | R1 500,00 |
| Cell Phone | Personal choice Cell phone | Handlebar Bag | 0.3 | | Bring your own | 0 | 0 | R0,00 |
| Energy Bars | Nutrition required along the way | Handlebar Bag | 0.1 | | Most Cycling Shops | 0 | 0 | R0,00 |
| Pillow if Camping | Trail Inflatable Pillow | Handlebar Bag | 0.05 | 39x29x9 cm | MR Price Sport | R60 | 1 | R60,00 |
| Towel | Trail Quick Dry Pocket Towel | Handlebar Bag | 0.05 | 50x100 cm | MR Price Sport | R70 | 1 | R70,00 |
| 3 Season One Man Tent | Tent for one person | Handlebar Bag | 1,00 | | Camp & Climb | R800 | 1 | R800,00 |
| First Aid Kit | Compact First Aid Kit | Handlebar Bag | | | Cape Union Mart | R200 | 1 | R200,00 |
| Saddle Bag | Bag that fits to Saddle Post | Saddle Bag | | | MTBikepacking.co.za | R600 | 1 | R600,00 |
| Mattress | K-Way Compact Self Inflating Mattress | Saddle Bag | 0.6 | | Cape Union Mart | R499 | 1 | R499,00 |
| Gas Cartridge | Gas for Tyre inflation | Saddle Bag | 0.1 | | Most Cycling Shops | R30 | 2 | R60,00 |
| Tyre Repair Kit | Ryder Tube/Tubeless Repair Kit | Saddle Bag | 0.05 | | Most Cycling Shops | R102 | 1 | R102,00 |
| Waterproof Stuff Bags | (If rain is predicted) | | | | | | | |
| Tools | Cycling Multi Tool | Saddle Bag | 0.1 | | Most Cycling Shops | R200 | 1 | R200,00 |
| Chargers/Batteries | Cell, Light, Bike Computer.... Chargers | Saddle Bag | 0.5 | | Bring your own | 0 | 0 | R0,00 |
| Frame Bag | Bag that fits to Bike Frame | Frame Bag | | | MTBikepacking.co.za | R600 | 1 | R600,00 |
| Beanie | Head gear when cold | Frame Bag | 0.5 | | Most Cycling Shops | R300 | 1 | R300,00 |

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|---------------------------------------|--|-----------|------|--|---------------------|--------|---|-----------|
| Socks | Cycling Socks | Frame Bag | 0.02 | | Most Cycling Shops | R150 | 3 | R450,00 |
| Arm Warmers | Cycling Arm Warmers | Frame Bag | 0.05 | | Most Cycling Shops | R300 | 1 | R300,00 |
| Leg Warmers | Cycling Leg Warmers | Frame Bag | | | Most Cycling Shops | R600 | 1 | R600,00 |
| Clothing | Something to wear when not on the bike. Something to sleep in. | Frame Bag | | | Bring your own | 0 | 0 | R0,00 |
| Hygiene Products | Toothpaste and Toothbrush, Multi Purpose Body Wash... | Frame Bag | | | Bring your own | 0 | 0 | R0,00 |
| Bike Light Front | Light for Night Riding 800+ Lumen | On Bike | | | Most Cycling Shops | R1 500 | 1 | R1 500,00 |
| Bike Light Rear | Rear Bike Light | On Bike | | | Most Cycling Shops | R400 | 1 | R400,00 |
| Spare Tube | Inner Tube for your size tyres. | On Bike | | | Most Cycling Shops | R100 | 1 | R100,00 |
| Safety Whistle | Safety Whistle | On Bike | | | Most Cycling Shops | R120 | 1 | R120,00 |
| Ice bracelet | Arm Bracelet with personal details | On Person | | | | 0 | 0 | R0,00 |
| Action Camera | Action or normal Camera | Frame Bag | | | Bring your own | 0 | 0 | R0,00 |
| Backpack | Small backpack with hydration options | | | | | R400 | 1 | R400,00 |
| Sunblock | SPF50 | Backpack | | | | R90 | 1 | R90,00 |
| Lip balm | Your choice | Backpack | | | | R20 | 1 | R20,00 |
| On Bike Gear | | | | | | | | R0,00 |
| Water Bottle Adaptors | SKS Water Bottle holder Adaptor | On Bike | | | MTBikepacking.co.za | R200 | 2 | R400,00 |

Clothing Items for the ride:

| | |
|-----------------------|--|
| Bike Shorts | Camp Shirt |
| Bike Shirt | Camp Shorts |
| Vest | Bike Shoes |
| Underwear | Helmet |
| Gloves | Hat |
| Flops | Long Underwear or warm clothes (winters) |
| Wind/Rain Bike Jacket | |