

GAP/C&O gear and packing list

Ortlieb “Classic” waterproof panniers, 20L capacity each

BV handlebar bag

Tool kit

- Multi-tool
- Tire levels
- Tire sealant (for tubeless tires)
- 1 tube (for emergencies!)
- *Topeak* portable tire pump

Clothing

- Two pairs cycling shorts
- Two cycling jerseys
- Underwear
- Two pair cycling socks
- One pair wool socks for evenings
- Convertible pants (zips-off to shorts)
- Two “wicking” t-shirts for evenings
- Fleece
- Lightweight windbreaker
- Cycling rain jacket
- Cycling shoes (clippable)
- *Chaco* sandals
- Lounge pants and t-shirt for bedtime
- Buff
- Cycling jacket
- Short sleeve shirt for evenings
- Wide-brimmed sun hat
- Buff
- Cycling jacket
- Cycling cap for under helmet
- Helmet

Other

- Toiletry and first-aid kits
- Pocket knife
- Two water bottles
- Camera (*Sony RX100*) and charging cable
- Spare battery for cell phone or camera
- iPad and iPhone and charger for both
- Guidebooks
- Trail Mix and rolled oats for snacks/breakfast
- *Aeropress* coffee-maker and coffee
- Sunscreen

I bought fresh fruit and other food along the way

A link to this and more information about my gear can be found at russeanes.com