

BICYCLE-TOURING-HOWTO.COM

TOURING PLANNER

the planner guiding the
online video course at
[bicycle-touring-howto.com](https://www.bicycle-touring-howto.com)

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bicycle touring made simple - for everyone

This is the easy planner to prepare, run and keep the memories of Your bicycle touring adventure:

- gear list with all You want to pack & take
- todo list with all You want to prepare
- tips and tricks making Your journey easy

<https://www.bicycle-touring-howto.com>

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*Life is like riding
a bicycle*

-

*To keep the
balance You must
keep moving.*

Albert Einstein

BICYCLE TOURING MADE SIMPLE

Every woman or man wants their rare free time to be meaningful and filled with great moments to remember. The problem is that people don't know how to make a cycling tour, why they often just book a hotel and a flight to some travelling destination. That's bad for the environment and too often a boring waste of lifetime.

At True.North.Tour we got tired of low budget vacation packages and developed an online video course to make the adventure of bicycle touring easy for everyone. To make Your vacation time an adventure to memorize, learn all You need in our online video course, use this free planner to prepare Your ride and get on the saddle and out on the track.

[Start the bicycle-touring-howto.com
online video course today!](https://www.true-north-tour.com/bicycle-touring-howto.com)

If You do, Your free time will be healthy, environment friendly and filled with great experiences to remember. Don't spend Your lifetime at overcrowded tourism hot spots but go on the mission of a cycling journey. Start the video course today!

HOW TO PREPARE YOUR BICYCLE



Get this free bicycle touring planner from bicycle-touring-howto.com



Watch chapters 1 & 2 of the bicycle-touring-howto.com online video course to learn all about how to prepare Your bicycle for the tour.



Adjust the saddle and handle bar position and test the new sitting position. Don't hesitate to ask Your local bicycle mechanic for support.



Maintain the brakes and gearshifting of Your bike. This is also something You can ask Your local bicycle mechanic for.



Adapt the bicycle tubes air pressure - according to the maximum pressure printed on the tire.



Get a frontlight and a backlight, if possible both powered by a dynamo in the front wheel. Else add options to charge lights to Your navigation route.



Get reflectors, a helmet that fits Your head and cycling gloves with buffer pads.

HOW TO PREPARE YOUR BODY & MIND



Watch chapter 3 of the [bicycle-touring-howto.com](https://www.bicycle-touring-howto.com) online video course to know all about preparing the body and mind for the cycling adventure.



Start to exercise! Make daily walks of one to two hours and build in high intensity exercises like pushups, jump squats, lunges and short sprints. Do them full force and walk on until You calmed down again.



If You want to do camping during Your cycling tour, test this before at home. Sleep on the camping mat in the sleeping bag and learn to sleep outside in a tent.



Make bicycle rides to test the new sitting position, learn to orientate with cycling navigation, test Your clothes in bad weather and train Your bottom to sit in the saddle.



Start having a daily 3minute mind routine by asking Yourself: What made me afraid today? When did I satisfy a basic need? What was not important for my life but just made itself feel important? What are my next goals today / tomorrow? Write the results down.

GEAR LISTS



*You can't buy
happiness, but
you can buy a
bicycle - and
that's pretty the
same thing!*

Depending on Your way of bicycle touring there are some pretty good ideas, what to take with You ... and more important what to leave at home.

On these pages we collected all the good things that might help You through Your bicycle touring adventure. For easier overview they are grouped in these categories:

- basic equipment & sleeping & camping
- eating & cooking
- personal care & body
- technical equipment, photo & navigation
- clothing & weather & payment & documents

Of course You have individual requirements that make You take additional equipment with You. But don't forget, that

LESS IS MORE!

For more detailed explanation please see chapter 4 of the bicycle touring howto online video course at bicycle-touring-howto.com!



gear list - basics & sleeping & camping

minimum basic equipment:

- courage & commitment
- a reliable bicycle (tour or road)
- bicycle helmet & rain cover
- sun glasses (test with helmet!)
- bicycle lock & key
- phone mount for handlebar
- bicycle panniers (waterproof)
- handlebar bag (waterproof or with rain cover)
- tension belts / bungee cords


- optional: belt bag for valuable things
- optional: additional bags
-> frame, saddle, front wheel
- optional: bike mirror & bell

camping:

- tent
 - or outdoor mosquito net
 - or mosquito net hammock
- camping mat / sleeping pad
- sleeping bag
- repair kit for inflation mat
- headlight or camping lamp
- clothes to wear at night
- bag / sack to keep camping stuff dry on the bicycle

- optional: camping pillow
- optional: clothes line
- optional: camping tarp and ropes

Make sure everything is non-breakable material, liquids can not run out and all fabric is fast drying material!



gear list
eating & cooking

minimum eating equipment:

- 3 bottles of water
- magnesium & vitamin pills
- salt in waterproof box
- pocketknife, fork, spoon
- small oneway waste bags
- emergency candy
- food for 1-2 days
- plastic boxes (food storage)

- optional: lighter & wood wool
- optional: plate & cup
(non-breakable)
- optional: dishwashing liquid
- optional: water filter
- optional: water tank

outdoor cooking:

- camping stove & cartridge
& wind protection
- pot & pan, lids, handle
- cutting board
- plate, bowl, cup (per person)
- dish towel & washing liquid
- salt, sugar, spices (waterproof)
- additional water (for cooking)

- optional: pasta colander
- optional: wood spoon
- optional: cutting knife &
sheath



gear list
personal care & body

personal care equipment:

- tooth brush and tooth paste
- shower & hair shampoo
- microfiber towel
- lip balm
- chamois bottom creme
- sun blocker / sun lotion
- insect repellent
- tissues / paper towels
- toilet tissue (emergency)
- second glasses or contact lenses
- hair brush

- optional: shaving stuff
- optional: sewing toolkit
- optional: feminine hygiene

medicals:

- headache medicals
- heel patch
- stomach ache medics

- important:
bicycle first-aid kit



gear list
electronics, photo, navigation

minimum equipment:

- smartphone & waterproof envelope cover
- phone charger & cable
- powerbank & cable (charge and phone connection)
- headphones

- optional: solar charging panel
- optional: separate photo camera & cable & charging device & storage card
- optional: action camera & storage card & cable & batteries & bike mount
- optional: USB-C stick for phone data backup
- optional: selfie stick and remote control

navigation:

- mobile navigation app
- paper navigation plan (route description and overview map)

smartphone software:

- music app and local music
- mobile payment app
- optional: audiobooks recommendation (German): [Ein Coffee to go in Togo](#)
- optional: podcasts
- optional: translation app
- optional: bicycle tracking app



gear list
bicycle repairing & tools

minimum equipment:

- () valve adapter
- () chain oil and rag
- () air pump
- () 2x spare bicycle tubes
- () tire levers
- () zip ties / cable ties

- () optional: pepperspray
- () optional: duck tape

bicycle repairing:

- () spokes & spokes wrench
- () chain tool & chain link
- () spare light cable
- () spare brake cable
- () spare gearshift cable
- () crosshead screwdriver
- () hex wrenches set
- () combination pliers / tongs



gear list
clothing, weather, payment, documents

minimum equipment:


- () wallet & cash for 2-3 days
- () credit card & mobile payment
- () passport and/or id card
- () health insurance card/pass
- () visa & entry documents
- () digital photos of all important documents (above)
- () documents water cover
- () emergency contact infos
- () digital copy of all important documents (on phone, USB or cloud)
- () optional: international health insurance
- () optional: vaccination pass
- () optional: coins for vending machines & laundry

clothing:

- () underwear, socks
- () cycling shirt & pants & jacket
=> follow "onion layers"
- () bicycle gloves (cold and warm)
- () cycling or sport shoes
- () non-cycling clothes
- () rain jacket
- () oneway emergency rain poncho 100% water proof
- () warm vest
- () sun protection cap
- () optional: non-cycling shoes
- () optional: swim wear
- () optional: visibility / reflective vest

HOW TO PREPARE HOME & LIFE FOR THE ABSENCE (PT1)

- Empty all trash bins in kitchen, bath & other rooms. Use up food, fruits & open beverages in the weeks before departure.
- Place vermint control in kitchen and food storage places.
- Leave doors of washing machine, tumble dryer, dishwasher open. Unplug electricity and turn off water. If it is empty also unplug fridge and leave the door open.
- Give water to the plants or have a plant sitter. Place sticky notes for plant sitter instructions.
- Turn down or off the heating as far as possible. Keep flat frost-free and mind the plants requiring min. temperature.
- If You work with house or garden manager, start working early with them, to have some work done together when You leave.



*Bicycle Touring
is fast enough to
see countries
and cities ... and
slow enough to
see people and
nature.*

Markus Maria Weber

HOW TO PREPARE HOME & LIFE FOR THE ABSENCE (PT2)



*And then we
were out there
under a sky full
of stars.*

*Nothing to do.
Nothing there to
distract us.*

- Place a home key, a car key & car documents at some reliable person.
- If You do not store copies of important documents online, give them to this person too.
- Do not park Your car (and maybe trailer) on public ground. Place it at some friends place or commercial parking area.

**BICYCLE TOURING IS
FREEDOM - YOUR FREEDOM**

**Start bicycle touring to fill
Your free time with great
experiences!**



Without the adventure of bicycle touring, most holidays are spent at package vacation. When You learn about bicycle touring and start Your adventure, Your free time will be healthy, environment friendly and full of great moments to remember!