

Cloth

Pair of shorts
padded underwear
Cycling jersey long
Cycling jersey short sleeve
Socks (2-3)
Warm long underwear
Gloves (open fingers)
Sunglasses
Cycling trousers
Windbreaker
Neckwear or scarf
Thin polar fleece or down jacket
Rain protection

Spare parts

Derailleur hanger
Chain master links and extra chain links
Spokes
Tubeless: repair kit, small bottle of sealant, 2-3 valve cores, inner tube in case of trouble
With tube: 2 spare tubes,, repair kit with plenty of pads
Shifting cable
Brake pads

Tools and maintenance

Chain oil; alcohol for cleaning
Multi-Multi tool with chain splitter
Duck tape, cables
Spoke wrench,
Tyre levers (2x)
Zip ties
Hand pump, suspension pump

Needle and thread

Others

GPS or smartphone with off-line maps

Powerbank and all adapters

Sun protection

Soap/shampoo to wash yourself and clothes

Body care

Swiss Knife

Plastic/Trash bags to protect cloth from rain

Rain protection backpack

Microfiber sleeping bag and towel

Camelbak reservoir

Snackbars, nuts and dates

First aid kit containing (minimum)

A variety of bandaids and antibiotic ointment

Tweezers

Emergency blanket

Antihistamine for allergic reactions.

Anti-inflammatory drugs

A few strips of stretchy wrap that can be used with a stick to create a splint, or can be used to hold a joint in place

Honey sticks

Trauma scissors

Safety pins

Medical tape, gauze, Band-Aids, Steri-strips, alcohol pads, skin prep wipes, Neosporin, ibuprofen, and acetaminophen