

<b>Back Left</b>		5802
Rear Pannier	812	
Blue Long-sleeved T-shirt	234	
Climbing Trousers + Belt	530	
Cycle Shirt (2)	310	
Cycle Tights	412	
Etui:	480	
Eye Shade, Ear Plugs, Flannel, Sewing Kit		
Mosquito Repellant, Micropur		
Shampoo, Soap, Floss, Scissors		
Toothpaste, Toothbrush, Comb		
Handkerchieves (2)	32	
Long Johns	156	
Long-sleeved Hiking Shirt	256	
Long-sleeved Red Running Shirt	234	
Long-sleeved "thermal" Vest	232	
Pants (3)	312	
Pegs (5)	44	
Shorts	188	
Socks (3)	128	
T-shirt (2)	394	
Texas	534	
Vests (2)	354	
Washing Line	160	
<b>Front Left</b>		3058
Front Pannier	762	
Food Bag, Food	780	
Kitchen Roll	60	
Milk Powder	86	
Pots:	980	
Pan, Lid, Plate, Cloths (2), Washing Liquid		
Shallow Pan, Handle, Big Penknife		
Tea Towel	88	
Toilet Paper	72	
Utensils:	230	
Bowl, Mug		
Knife/Fork/Spoon, Spatula		
<b>Rucksack</b>		2488
The Rucksack Itself	1092	
Food (dampproof)	?	
Head Torch	70	
Helmet Cover	32	
Maps, Address Book, Diary	156	
Nylon Anorak	472	
Nylon Leggings	228	
Passport (UK)	?	
Purses x 2	164	
Saddle Cover	22	
Spats	116	
Sunglasses, Spare Glasses	136	
<b>Tent</b>	2826	2826
<b>Mattress</b>	994	994
Elastics	280	280
Water Bottles (2), Fuel Bottle	350	350

<b>Back Right</b>		5061
Rear Pannier	812	
Black fleece	412	
First Aid Kit	208	
GPS	160	
Handy	134	
Handy+Cam Charger, USB C	?	
Maps	?	
Reflector Shirt	?	
Repair Kit	1212	
Adhesive Tape, 15 mm Spanner		
Adjustable spanner		
Cables (2), Brake Blocks		
Chain Link, Inner Tube		
Compressed Air Cylinder (1)		
Emergency spoke		
Multi-tool, Funnel, String		
Pump, Plastic Manometer		
Puncture outfit/Tyre levers		
Screwdrivers (2), Cable Ties		
Valve Adapter		
Schnapps	265	
Silk Liner	138	
Sleeping Bag (incl. cover)	1720	
Washing Sachets	?	
<b>Front Right</b>		3010
Front Pannier	762	
Binoculars	276	
Cooker	1006	
Food:	566	
Olive Oil, Sugar, Tea, Coffee		
Salt, Pepper, Jam, Basilicum		
Head Band	40	
Inner Gloves + Overgloves	132	
Swimming Costume	142	
Towel	86	
<b>Handlebar Bag</b>		2144
The Bag Itself	614	
Camera	218	
Cigarette Lighter	18	
Compass, Magn. Glass	86	
Cycle Clips	30	
Cycle Glasses, Glasses	102	
Driving Licence, Credit Cards	54	
ID Card (CH)	10	
Lock + Chains	554	
Map, Log Book	44	
Paper Handkerchieves	60	
Penknife	60	
Polythene Bags	10	
Sun Cream, Lip Salve	64	
Wallet, Whistle	220	
Total Front:	8212	32%
Total Rear:	17451	68%

**To Wear**

	1387
Helmet	258
Cycle Shorts	120
Socks	40
Plimsoles	698
Pants	80
Cycle Shirt	155
Gloves	36

Total (excluding clothes worn) 26013

Total left 52%

Total right 48%

The numbers are weights in grams

**Notes**

Our Tent (incl. polythene) 4060 ) These items were not taken. The entries are for  
Our Mattress 1190 ) possible future reference.  
Cycle Computer Setting = 2184 mm

**BL = Back Left**  
**BR = Back Right**  
**FL = Front Left**  
**FR = Front Right**  
**HB = Handlebar Bag**  
**RS = Rucksack**  
**LR = Luggage Rack**

FR	Binoculars	BR	Handy
RS	Address Book	FR	Head Band
BR	Adhesive Tape (Repair Kit)	FR	Head Band
BR	Adjustable spanner (Repair Kit)	RS	Head Torch
FR	Basilicum (Food)	FR	Helmet Cover
FL	Big Penknife (Pots)	HB	ID Card (CH)
BR	Black fleece	BR	Inner Tube (Repair Kit)
BL	Blue Long-sleeved T-shirt	FR	Jam (Food)
FL	Bowl (Utensils)	FL	Kitchen Roll
BR	Brake Blocks (Repair Kit)	FL	Knife/Fork/Spoon (Utensils)
BR	Cables (2) (Repair Kit)	HB	Lip Salve
BR	Cables Ties (Repair Kit)	HB	Lock
HB	Camera	HB	Log Book
BR	Chain Link (Repair Kit)	BL	Long Johns
HB	Chains	BL	Long-sleeved Hiking Shirt
BR	Charger (Handy+Cam)	BL	Long-sleeved Red Running Shirt
HB	Cigarette Lighter	BL	Long-sleeved "thermal" Vest
BL	Climbing Trousers + Belt	HB	Magn. Glass
FL	Cloths (2) (Pots)	HB	Manometer (plastic)
FR	Coffee (Food)	HB	Map
BL	Comb (Toilet Bag)	BR	Maps
HB	Compass	LR	Mattress
BR	Compressed Air Cylinders (2) (Repair Kit)	BL	Micropur (Toilet Bag)
FR	Cooker	FL	Milk Powder
HB	Credit Cards	BL	Mosquito Repellant (Toilet Bag)
HB	Cycle Clips	FL	Mug (Utensils)
HB	Cycle Glasses	BR	Multi-tool (Repair Kit)
BL	Cycle Shirt (2)	RS	Nylon Anorak
BL	Cycle Tights	RS	Nylon Leggings
BL	Dental Floss (Toilet Bag)	BR	Oil Can (Repair Kit)
RS	Diary	FR	Olive Oil (Food)
HB	Driving Licence	FL	Pan (Pots)
BL	Ear Plugs (Toilet Bag)	FL	Pan Handle (Pots)
LR	Elastics	FL	Pan Lid (Pots)
BR	Emergency spoke (Repair Kit)	BL	Pants (3)
RS	Euro Purse	HB	Paper Handkerchieves
BL	Eye Shade (Toilet Bag)	RS	Passport (UK)
BR	First Aid Kit	BL	Pegs (5)
BL	Flannel (Toilet Bag)	HB	Penknife
RS	Food (dampproof)	FR	Pepper (Food)
FL	Food Bag, Food	FL	Plate (Pots)
BR	Funnel (Repair Kit)	HB	Polythene Bags
HB	Glasses	BR	Pump (Repair Kit)
RS	Glasses (spare)	BR	Puncture outfit (Repair Kit)
FR	Gloves (Inner + Over)	BR	Reflector Shirt
BR	GPS	BR	Repair Kit
BL	Handkerchieves (2)	FR	Saddle Cover
		FR	Salt (Food)
		BR	Schnapps
		BL	Scissors (Toilet Bag)
		BR	Screwdrivers (2) (Repair Kit)
		BL	Sewing Kit (Toilet Bag)
		FL	Shallow Pan (Pots)
		BL	Shampoo (Toilet Bag)

BL Shorts  
BR Silk Liner  
BR Sleeping Bag (incl. cover)  
BL Soap (Toilet Bag)  
BL Socks (3)  
RS Spats  
FL Spatula (Utensils)  
BR String (Repair Kit)  
FR Sugar (Food)  
HB Sun Cream  
RS Sunglasses  
FR Swimming Costume  
BL T-shirt (2)  
FR Tea (Food)  
FL Tea Towel  
LR Tent  
BL Texas  
FL Toilet Paper  
BL Toothbrush (Toilet Bag)  
BL Toothpaste (Toilet Bag)  
FR Towel  
BR Tyre levers (Repair Kit)  
BR USB Cable  
BR Valve Adapter (Repair Kit)  
BL Vests (2)  
HB Wallet  
BL Washing Line  
FL Washing Liquid (Pots)  
BR Washing Sachets  
HB Whistle

### To Wear

Helmet  
Cycle Shorts  
Socks  
Plimsoles  
Pants  
Cycle Shirt  
Gloves