

Medicines	Misc	Entertainment	Clothes	Jobs	Bike box
		Torch	Night wear	Plan Luggage	Passport
Plasters	Flannel	Batteries		Charge batteries	Tickets/booking confirmation
Ibuprofen	Towel small	Pens	Pants	Clean Bike	Directions
Paracetamol	Towel large	Notebook	Socks	Check oil / tyres	V5 + MOT
	Wash n Go			Bike Service / MOT	Insurance Certificate
	Hairbrush		Shirts	Organise money	Water
			T Shirts	Set up video/Clock change?	
	Chargers	Address Bk	Trousers	Set up GPS waypoints	Sun tan creme
any other prescriptions			Shorts	Set up GPS routes	Sunglasses
	Bumbag	mp3 player		Clean Helmet n Boots	Spare Glasses
Alka Seltser	EHIC	Camera		Wash M/C gear / reproof	Maps
			Pullovers	Check travel Insurance	
	Shopping Bag		Swimwear		Guest list for trip
Toiletries		Bks to read	Belt	Ent Out	
	Specs cleaning cloths				oil
				Rucksack	Tyre gauge
Toothpaste		Touriststuff	Hat / Sunhat	Cag	spare bulbs
Toothbrush	Last Minute	Language Phrase books		Binoculars	visor cleaner
	iPad				spare earplugs
Foot File	watch				Spare Gloves
	wallet			Wear	helmet lock
Shower gel	purse			Helmet	Bike Manual
Shampoo	keys			Buff	Insulating Tape / Duck Tape
	phone	Check guidebooks	Trainers	Gloves	Bike Toolkit
Shaving Stuff	money belt	Maps		Boots	rope / strappage
After shave	Satnav		Shoes	M/C Suit	First Aid Kit
	water	Euro socket adapters		Waterproofs	Disc Lock
Specs wipes	Lock doors			boot socks	Waterproofs
Tissues	sunglasses	Bottle of malt		Hi-Viz Vest	Spare bike keys
	phone charger			Back Protector	puncture repair kit
Deodorant	Soft clip for ferry boarding card			Ear plugs	tie down straps
					knife