Medicines	Misc	Entertainment	Clothes	Jobs	Bike box
			NP also	Disc. I	Bassast
Vit C		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	<b>1</b>	Bks to read	Belt	Ent Out	·
	Specs cleaning clo	ths			oil
				Rucksack	Tyre gauge
Toothpaste		Touriststuff	Hat / Sunhat	Cag	spare bulbs
Toothbrush	Last Minute	Language Phrase boo	oks	Binoculars	visor cleaner
	iPad	<del>-</del>			spare earplugs
Foot File	watch				Spare Gloves
	wallet	Reka Videocam		Wear	helmet lock
Shower gel	purse				Bike Manual
Shampoo	keys			Helmet	Insulating Tape / Duck Tape
•	phone	Check guidebooks	Trainers	Buff	Bike Toolkit
Shaving Stuff	money belt	Maps		Gloves	rope / strappage
After shave	Satnav	•	Shoes	Boots	First Aid Kit
	water	Euro socket adapters		M/C Suit	Disc Lock
Specs wipes	Lock doors			Waterproofs	Waterproofs
Tissues	sunglasses			boot socks	Spare bike keys
	phone charger	Bottle of malt		Hi-Viz Vest	puncture repair kit
Deodorant	Soft clip for ferry boarding card			Back Protector	tie down straps
<del> </del>	22.1.2.1.p. 101 1011 y b			Ear plugs	knife
				F.490	