

## Packing list

Worn				
camel		buff	helmet	Lifescycle jersey
base layer		shorts	knee supports	wild tights 1
inner socks		sealskinz socks	bike shoes	mitts & e-tip gloves
glasses				
Electronica				
iPhone		lightning cable	handlebar mount	2-slot USB plug
sleep-phones		μ USB cable	spare sleep-phones battery	
bluetooth headphones		μ USB cable	e-cigarette	2-slot USB plug
USB battery				
4-way adaptor		continental adaptor		
GoPro + battery 1		charger	cable	GoPro bag
battery 2		battery 3	battery 4	handlebar mount
Bike				
bike		frame bag: keys and food	bar-bag: food	saddle-bag: tools
rear panniers		lock	front lights	rear lights
Clothing				
fleece hat		spare glasses	buff 2	baked beans top
swim goggles		bloody cyclist jersey	Irn Bru jersey	base layer 2
base layer 3		t-shirt 1	t-shirt 2	swim trunks
shorts 2		shorts 3	wild tights 2	Foska tights
overtrousers		pants 1	pants 2	sealskins socks 2
inner socks 2		inner socks 3	overshoes	Stuffsac for waterproofs
Sundries				
wallet/euros		towel	toothbrush	toothpaste
documentation folder		arse cream		sweeteners
Medication and nutrition				
Frio cool-bag				
lantus pen + cartridge		novorapid pen + cartridge	100 needles	blood sugar sensor
3 lantus cartridges		4 novorapid cartridges	10 * sticks glucose tablets	Lots of <a href="#">food</a>
1 lantus prefilled pen		1 novorapid prefilled pen		