

	Quantity	Used ?	Take Again ?
Tent	1	yes	yes
Sleeping Mat	1	yes	yes
Sleeping Bag	1	yes	yes
Bivi Bag	1	yes	yes
Midge net	1	No	yes
Deet	1	No	yes
Stove	1	yes	yes
Extra Pot	1	yes	yes
Inflatable Pillow	1	yes	Maybe
Camping Stool	1	No	yes
Gas Cannister	1	yes	yes
Mug	1	yes	yes
Bowl	1	yes	yes
Spoons	1	yes	yes
Washing up liquid	1	yes	yes
Scrubber	1	yes	yes
3 x water bottles	3	yes	yes
salt tablets	1	yes	yes
Breakfast cereals	3	yes	yes
Powdered Milk ?	0	No	yes
shower gel (small refill bottle)	1	yes	yes
toothpaste	1	yes	yes
small electric tooth brush	1	yes	yes
tooth brush charger	0	No	No
beard trimmer	0	No	Maybe
beard trimmer cable	0	No	Maybe
razor	1	yes	yes
wet wipes	1	No	Smaller if at all
deoderant	1	yes	yes

cycling shoes	1	yes	yes
other shoes	0	No	No
lightweight civi trousers	1	yes	yes
ciivi T shirts	2	yes	yes
Cycling Tops	3	yes	yes
Cycling Shorts	2	yes	yes
Cycling leggings	2	yes	yes
Down jacket	1	yes	yes
Light Fleece	1	yes	yes
light goretex jacket	1	yes	yes
light goretex trousers	1	yes	yes
socks	4	yes	yes
underwear	2	yes	yes
buff	2	yes	yes
half cycling gloves	1	yes	yes
full cycling gloves	1	yes	Maybe
knee warmers	1	yes	Maybe
cycling fleece	1	yes	yes
battery pack	1	yes	yes
battery charger	1	yes	yes
ios lead	1	yes	yes
micro usb lead	1	yes	yes
usb c lead	1	yes	yes
Kindle	1	yes	yes
Garmin	1	yes	yes
front light	1	yes	yes
rear light	1	yes	yes
phone	1	yes	yes
tablet	1	yes	Maybe
head torch	1	yes	yes

spare tube		1	yes	yes
puncture patches		1	yes	yes
tyre levers		1	yes	yes
multi tool		1	yes	yes
front bag		1	yes	yes
panniers		4	yes	yes
Coffee granuales		1	yes	yes
Ham		1	yes	yes
Cheese		1	yes	yes
Bread Rolls		1	yes	yes
spread		1	yes	yes
Cereal Bars		1	yes	yes
lighter		1	yes	yes
belt		1	yes	yes
Sun Glasses		1	yes	yes
spare glasses		1	yes	yes
Small tablet keyboard		1	yes	Maybe
mouse		1	yes	Maybe
bluetooth headset		1	yes	yes
bank card		1	yes	yes
driving licence		1	yes	yes
first aid kit		1	yes	yes
bike oil		1	yes	yes
spare spokes	2 x 2		yes	yes
spare cable		0	yes	Maybe
carrier bags		1	yes	yes
Tooth pick packet		1	yes	yes
Travel towel		1	yes	yes
Pump		1	yes	yes
Cafe lock		1	yes	yes

ear plugs	1	yes	yes
zip lock bags	3	yes	yes
tie wraps	3	yes	yes
tin opener (via penknife)	1	yes	yes