



Complete guide - Motorcycle extended trip checklist.

All trips are different and people pack different hopefully you'll find this checklist useful in preparing for your epic motorcycle expedition.

This is a general guideline and will be different for men, woman, length, difficulty, whether cross border and general weather conditions in the region. Some of the listed items we do not use or carry ourselves but is listed for reference purposes.

Personal Items:

- **Hydration Pack** - Best way to stay hydrated and place to carry passports, spare cash, backup credit cards, etc.
- **Water Purification Plan** – If you cannot find bottled water tablets are the cheapest option, or beer.
- **First Aid Kit** – Size and contents will vary per individual need. Painkillers & Remedies – Altitude sickness, stomach viruses, Malaria and many other possibilities can stop your trip. Prescription Medications – If you need them at home, stock up before leaving.
- **Doctor's Approval** – Don't assume you're fit for such for adventure, especially over 40's.
- **Vaccinations** – See your medical travel clinic, doctor. Yellow fever is a common vaccine to many African countries.
- **Cell Phone** – Very nice apps these days to help with travelling.
- **Satellite Phone** – As the ultimate pimp tool. We do not carry
- **Spare Ignition Key** – Zip-ties it to the bike somewhere.
- **Spare Luggage Keys** – See above
- **Medical insurance plan** – Don't assume your medical plan covers you.
- **Medevac or Air Ambulance Insurance** – Various types available for local and International use.
- **Emergency Contact Info** – Have in your wallet, tank bag, or somewhere accessible to people, paramedics to contact your family or friends.
- **Backup Snacks** – Small bag of nuts or dried fruit can last a long time, and keep hunger from being such an issue.
- **Passport** – For international travel, keep in mind that some countries require 6 months validity for admittance and at least 3-4 blank pages. Make sure you whether you need a visa.
- **Passport Copies** – Serving as a backup or necessary item to have anyway for some border crossings.
- **Visas** – Research ahead and confirm, can you just get yours at each border.
- **International Driver's License** – Make sure yours has the motorcycle endorsement. Noting bike license on the doc.
- **Motorcycle Documents & Insurance** – Spare copies.
- **Carnet de Passage** – Motorcycle passport.
- **Backup Credit Cards** – Be sure to also record all the "lost card" phone numbers somewhere.
- **Earplugs** – It's simple, protect your hearing.
- **Regular Camera** – Plus all associated chargers and memory sticks.
- **Helmet Camera** – With the fittings, chargers and additional batteries.
- **Memory Stick, Cards, SD Card reader** - Including USB for public computer use.
- **Sunscreen** – Wind and riding obscure the fact that you might be getting sunburn.
- **Baby Wipes** – They work great for cleaning your hands after a fixing a bike.
- **Hand Sanitizer** – A small bottle for when no water is available to clean hands.
- **Headlamp / torch** – Ever had a mechanical issue at night? A hands-free headlamp could be your greatest tool.
- **Maps** – Obtain paper maps before leaving home, they can be extremely difficult to find in less-developed countries and it is still a great way to navigate.
- **GPS Locator & Service Plan** – For sending updates and notifying authorities of an emergency. SPOT.
- **Small laptop or iPad**. It is safer when able to access Wifi to login to email and such.
- **Toiletries bag** – Pack all liquids into screw top plastic bottles. They will not accidentally spill everything into your bags
- **Slops & Shoes** – Or use one pair KEEN as example. With socks you might look like a German tourist, but what de hell it saves weight and space.
- **1short / 1long pair pants** – Use brands with technical fabrics. They dry easier and are hardwearing.
- **3 shirts** – Preferably not cotton. Wool or technical fabrics.
- **Long sleeve jacket** – Thin fleece or technical jackets.
- **Underwear** or go commando.



Motorcycle & Equipment Setup:

- **GPS**—Associated maps per country.
- **Engine Guards/Protection**
- **Engine Case Covers**
- **Headlight Guards**
- **Radiator and Oil Cooler Protection**
- **Kickstand Foot Print – Sand?**
- **Pannier frames**
- **Soft luggage or hard luggage.**

Riding Gear:

- **Helmet**— Peak versions are best.
- **Backup Helmet Parts & Hardware** – Screws fittings
- **Goggle & Shield Cleaner**— Don't make the mistake of using paper-based OR cotton products to clean the shield, as they will scratch it for sure.
- **Sunglasses** – UV protecting and comfortably fitting within your helmet.
- **Buff** – Keep warm; keep flying bugs out of your neck or face. Can be worn as a hat.
- **Neck warmer**—Refer Buff
- **Neck Brace** – This is a very subjective and personal decision.
- **Riding Jacket** – Waterproofing, Venting, hardwearing, etc.
- **Riding Pants** – Must be comfortable and have good knee protection.
- **Motorcycle Gloves**— Summer pair and a winter pair.
- **Base Layers** – Synthetic or natural wool base layers for severe cold weather riding
- **Riding Socks** – Long enough to prevent chaffing and hopefully moisture wicking via synthetic materials or wool
- **Motorcycle Boots** – Ankle protection, waterproof and must be comfortable to live with day in and day out. If you insist on wearing MX boots use waterproof socks.
- **Mesh Stuff Sacks** – Separate personal items, clothes, and items into categories using lightweight stuff sacks that require hardly any extra space when empty.
- **Proper rain suite.**

Luggage & Security:

- **1 x 50L Wide mouth Duffel Bag** – If your trip will also involve any travel off the motorcycle, pack your motorcycle gear in this bag for the flight, train, etc.
- **Packing bag organisers** – No stuffing, pack clothes and stuff neatly and easy to take out and pack again.
- **Luggage Tie Down Straps** – Use only straps which have parts bungee rubber straps. They keep compressing and will never have you lose stuff.
- **Small cargo bungee net.**
- **Tankbag** with electrical attachments.
- **Motorcycle cover** - Some recommend using a cover when parking the bike in the street in some dodgy areas. It adds more weight and stuff though to carry.



Parts and equipment:

- **Bicycle Combination Cable Lock** – Can serve as extra security for attaching bags to the motorcycle, or the motorcycle to a fence, pole, etc.
- **Disc Brake Lock & Spare Key**
- **Fuel Transfer Hose** – A small diameter, 2-meter section of rubber hose can be a huge help in pulling fuel.
- **Electrical Chargers** – Make your own list for all you're bringing!
- **Travel Electrical Adaptor.**
- **Engine Oil** – 500ml
- **Chain Lube** – For chain-driven bikes OR used as a lubricant to get tyres on and off rims when fixing
- **Master Link** – And associated tools to remove and fit
- **Spare Spark Plugs** – Some 2-cylinder motorcycles use 4 spark plugs, so plan ahead.
- **Spare Oil Filter** – Unless you're sure you'll be able to get them where you're going.
- **Spare Air Filter** – One river crossing or days of dust riding will quickly destroy an air filter.
- **Spare Brake pads** – Front and rear.
- **Spare globes** – 1 front 1 rear.
- **Plastic Zip Ties** – Call them what you will.
- **Electrical Insulation Tape & Duct Tape.**
- **Special Tape** to seal burst waterhoses
- **Motorcycle specific tool Kit** – Many popular motorcycles will have forums online where other owners suggest the tools you'll need for your specific motorcycle .
- **Tyre Repair Kit** – Tube or Tubeless and know how to fix a flat.
- **Piece of fishing line or piano wire** to sew up a cut in a tyre side wall
- **Tyre Pump** – A small bicycle pump might not be the easiest option to use, but you can use it far more times than a CO2 cartridge!
- **Compact electrical tyre pumps** with a SAE connector directly to battery.
- **Tyre Gauge** – Don't depend on the gauges at fuel stations. Get a pencil style gauge the electronic ones might go flat when the button is pressed accidentally in your tank bag.
- **Valve Stem Removal Tool** - A faulty valve stem might need to be replaced
- **Spare Tyre Stems & Caps** – Dust and dirt can wreak havoc on these parts and cause leaks
- **Wheel Removal Tools.**
- **Tyre Bead Breaker** – Side stands are not designed for that job.
- **Tyre Irons** – 3 short levers works generally well.
- **Spare Wire** – For replacing torn/broken circuitry.
- **Spare Fuses** – No need for CAN-BUS systems.
- **Spare Parts** – Research what parts have been problematic on your specific motorcycle, and plan ahead.
- **Spare clutch and throttle cable.**
- **Spare – Globes** front and back and indicators.
- **Quick Steel or Aluminium** - Compounds Quick Steel Epoxy can fix casings and radiators
- **Repair Epoxy** – Either for metal or plastic
- **Loctite** – Blue.
- **General Multi-tool** –Leatherman type of multi- tool
- **Basic Maintenance & Owner's Manual** – Bring that which might help you fix your bike alone
- **Tow rope.**
- **Make up a small set of jumper cables.**
- **WD40** or similar, small tub of grease.
- **Paper coffee filters** to filter petrol when in doubt.



Tent camping:

- **Tent.**
- **Small LED camp light** with 5m cable to run off battery with SAE plug.
- **Spare Tent Parts** – Bring a way to fix tent poles, patch torn materials, and replace stakes or lines.
- **Tent Footprint & Groundsheet Tarps** – Separate the tent and rain fly from the ground to stay warm and dry or for a rain roof or shade.
- **Sleeping Bag.**
- **Ultra-Light Towel** – Don't bring cotton or terry cloth, it'll never dry out by morning and will stink of mildew within 2 days. Permanently.
- **Sleeping Mat, Pad**, lightweight camp sleepers – Patch kit
- **Pillow** – Best solution is a half cut fibre pillow, they can be stuffed really small.
- **Camp Stove** – Opt for a multi-fuel stove that works on motorcycle fuel, and maintenance repair kit.
- **Pots & Pans** – Aluminium heats most efficiently and is lightweight. Stainless steel is ultra-durable.
- **Spatulas, Utensils**, etc. – Long stem Titanium spoon.
- **Cleaning Scrubber and Soap** – pack in small squeeze bottle.
- **Camp Sink** – Use a waterproof pannier inner bag for the job
- **Clothing washing bag** – Same as sink
- **Cutting Board** – They take up zero space especially the thin Poly sheets
- **Wind and Waterproof Lighter**
- **Insect Repellent.**
- **Camp chair.**