

Complete guide - Motorcycle extended trip checklist



All trips are unique, and people pack different and their needs and type of travel is different, hopefully you'll find this checklist useful in preparing for your next epic motorcycle adventure.

This is a general guideline and will be different for men, woman, length, difficulty, whether doing cross border and general weather conditions in the region. This list is also for short trips and only need to exclude what is not needed, even weekend trips.

Clothing:

- Toiletry bag – Pack all liquids into screw-top plastic bottles or in ziplock bags so it will not accidentally spill over everything into your bags.
- Slops, shoes & socks – Or use one pair of **KEEN** shoe/sandals as an example. With socks you might look like a German tourist, but what de hell it saves weight and space.
- 1 pair each of short & long pants** – Quick dry, hard-wearing and lightweight.
- 3 shirts** – Preferably not cotton rather wool or technical fabrics. We love Merino wool.
- Long sleeve jacket** – Thin fleece or technical jacket. For an extra layer or day wear.
- Thin warm gloves** for off the bike.
- Underwear** or go commando.
- Jewellery** – Rather leave it at home. No need to tempt people into thinking you are loaded like a drug dealer and want to cash in on your bling

Stay Safe / Medical:

- Medical insurance plan** – Do not 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 or paramedics to contact your family or friends.
- 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 for many African and South American countries.

Documents:

- Passport** – For international travel, keep in mind that some countries require 6 months validity for admittance and at least 3-4 blank pages.
- Passport Copies** – Serving as a backup or necessary item to have anyway for some border crossings.
- Visas** – Research ahead and confirm if you can just get yours at each border.
- International Driver's License** – Make sure yours has the motorcycle endorsement.
- Motorcycle Documents & Insurance** – Original and spare copies.
- Carnet de Passage** – Motorcycle passport – some countries demand this document on entry.
- Backup Credit Cards** – Be sure to also record all the "lost card" phone numbers somewhere.
- 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 and get to know the country.

Tracing and Communication:

- Cell Phone** – Very nice apps these days to help with travelling.
- Apps:** REVER, Google offline maps, OSM offline maps, IOverlander.
- 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.
- Satellite Phone or Satellite tracker** – As the ultimate pimp tool. We do not carry one though.
- International universal plug.**
- Charging cables** – try to use devices with similar connections

Keep your energy up:

- 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.
- Backup Snacks** – Small bag of nuts or dried fruit can last a long time and keep hunger from being such an issue.

Make sure you record your memories:

- Regular Camera** – Plus all chargers and memory cards.
- Helmet Camera** – With the fittings, chargers and additional batteries.
- Memory Stick, Cards, SD Card reader** – Including USB for public computer use.

Riding Gear:

- Helmet** – Peak versions are best for long trips.
- 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. Use stuff like [ATGvision](#) for rainy or foggy riding.
- Sunglasses** – UV protecting and comfortably fitting within your helmet.
- Buff or /and Neck warmer** – Keep warm, keep flying bugs out of your neck or face. Can be worn as a hat.
- Riding Jacket** – Waterproofing, venting, hard-wearing, etc.
- Riding Pants** – Must be comfortable and have good knee protection. We prefer wearing knee braces.
- 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/Packing cubes** – Separate personal items, clothes, and items into categories using lightweight stuff sacks that require hardly any extra space when empty.
- Proper rain suite.

Highly recommended:

- Neck Brace** – This is a very subjective and personal decision.
- Knee Braces** - The [Leatt](#) type

Stuff you will find handy:

- Headlamp / torch** – Ever had a mechanical issue at night? A hands-free headlamp could be your greatest tool.
- Earplugs** –It's simple, protect your hearing.
- Sunscreen** – Wind and riding obscure the fact that you might be getting sunburn.
- Insect repellent** – for things like zooming stinging flies!
- Wet Wipes** – They work great for cleaning your hands after fixing a bike.
- Hand Sanitizer** – A small bottle for when no water is available to clean hands.
- AND DUE TO CORONA** a face mask!

Motorcycle & Equipment Setup:

- GPS**
- Engine Guards/Protection
- Engine Case Covers
- Headlight Guards
- Radiator and Oil Cooler Protection
- Kickstand Foot Print
- Hippo hand warmers if no heated grips. Highly beneficial to keep cold wind off hands.
- Additional lightning for night riding.

Luggage & Security:

- Pannier frames
- Soft luggage** or **hard luggage**.
- Spare Luggage Keys
- 1 x 50L Wide mouth Duffel Bag** – They are waterproof and dustproof and the easiest to unpack and use. If your trip will also involve any travel of 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:

Know your bike:

- Basic Maintenance & Owner's Manual** – Bring that which might help you fix your bike alone. We have an .pdf version on the laptop.

Make sure you carry:

- Quick Steel or Aluminium** – Compounds Quick Steel Epoxy can fix casings and radiators
- Repair Epoxy** – Either for metal or plastic.
- Q-bond__** – The best quick-dry build it up glue in the business.
- Loctite** – Blue.
- General Multi-tool** –Leatherman type of multi-tool
- 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 of the quality.

General:

- Spare Ignition Key**
- 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, a 2-meter section of rubber hose can be a huge help in pulling fuel from other sources.
- Electrical Chargers** – Make your own list for all you're bringing!
- 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. (Not a critical item)
- Spare Oil Filter** – Unless you are 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 water hoses**
- Motorcycle specific tool Kit** – Many popular motorcycles will have forums online where other owners suggest the tools you'll need for your specific motorcycle.
- 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.
- Spare clutch and throttle cable.**

Keep the rubber full of air:

- 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 sidewall
- 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 bomb.
- Small electrical pumps with a SAE connector** directly to the 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 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 work generally well.

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.**
- Sleeping-bag liner**, extra blanket.
- 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 small.
- Oh, and MORE **Insect Repellent.**

Camp kitchen:

- Camp Stove** – Op 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. Sea-to-Summit have a good silicone range.
- Coffee/Tea filters** - whatever means you use to brew your fix.
- Spatulas, Utensils, etc.** – Long stem Titanium spoon works great.
- Cleaning Scrubber and Soap** – pack in small squeeze bottle.
- Camp Sink** – Use a waterproof pannier inner bag for the job and can double as a clothing wash bag.
- Cutting Board** – They take up zero space especially the thin Poly sheets
- Wind and Waterproof Lighter**

If we have missed something, please let us know.