

PEDAL POWER TO IRELAND - EQUIPMENT LIST

A: BICYCLE AND BICYCLE TOOLS

- 1: Acoustic Motor Bike (Mountain Bike)
- 2: Bicycle Helmet
- 3: Bicycle Bags (Front and Rear)
- 4: Front/Rear Bag Racks
- 5: Handle Bar Bag and its Carrier
- 6: Speed and Distance Meter
- 7: Spare Tyres and Inner Tubes
- 8: Other Spare Parts and Tools

- 9: Cable Lock
- 10: Pathfinder Altimeter Watch
- 11: Compass
- 12: Cycle Bag

B: SLEEPING ARRANGEMENTS

- 1: Tent
- 2: Mattresses
- 3: Sleeping-Bags
- 4: MINI MAGLITE

C: COOKING UTENSILS

- 1: Stoves
- 2: Fuel Bottle
- 3: Water Bottles and Holders
- 4: Light Weight Collapsible Water Container
- 5: Field Knife
- 6: Swiss Knife
- 7: Other Cooking Utensils
- 8: Salt and Pepper, Cooking Oil and etc
- 9: Water Filter

D: FIRST AID, WASHING, AND PIECES

- 1: Medical Kit
- 2: Medicine
- 3: Emergency Food
- 4: Insect Head Set
- 5: Washbag with Toothbrush, Toothpaste, Soap, etc
- 6: Toilet Paper
- 7: Mini Nail Clipper

Bridgestone Tailor Made, Rocket Boy ONE
Second hand one from Hardings Bike Dublin, painted with Eurasian Continent by Mr. Warren Popelier
ORTLIEB Bike Packer/Front Roller
MINOURA Steel Front/Rear Bag Racks
MONT-BELL Touring Front Bag and its Carrier
CATEYE CC-AT100 (Cycle Computer)
IRC Block and Slick Tyres x 8, Bridgestone Tubes x 4
Spare Spokes and Spoke Key, Screw and Screw Driver, Bolt, Adjustable Spanner, Allen Keys
Chain Links, Puncture Repair Kit, Handy Air Pump x 2, Oil, Grease, Spare Brake Pad, Wires

CASIO Pro-Trek
SUUNTO
Ostrich

L.L. Bean Free Standing Ultralight Ten
Therm-a-Rest Ultralite Long with repair kit
MONT-BELL U.L. Down Hugger, MONT-BELL Gore-Tex Side Zip Sleeping Bag Cover

COLEMAN PEAK 1 (Apex II Triple-Fuel Stove), TRANGIA No.27-1
SIGG

GERBER
Victrinox Camper
Aluminium Spoon and Fork, Plastic Mug

Katadyn Mini Filter

Band-Aids, Bandage, Adhesive Tape, Poison Remover
Diarrhea Tablet, Cold Pill, Insect Repellent, Antibiotic Pill

- 8: Safety Pins, Needles, Thread
- 9: Ear-Plugs
- 10: Super Quick Adhesive
- 11: Maps
- 12: Notebooks for Memorandum and Diary
- 13: A book
- 14: Others

ODYSSEIA, Homeros
Passport, Credit Card, Cash, International Driving License, Card clearly stating Blood Group,
Travel Insurance Card, Favorite Music List

E: CAMERA AND FILMS

- 1: Camera
- 2: Films

RICOH GR1
Colour Positive Films x 20, Black and White x 1, Negative x 1

F: CYCLING WEARS

- 1: T-Shirts x 3, Short Pants x 2
- 2: Long Pants and Shirts for city walking
- 3: Sports Training Wear
- 4: Fleece Pullover
- 5: Inner Shirts and Pants
- 6: GORE-TEX Rain Jacket and Pants
- 7: Cycling Gloves
- 8: Socks
- 9: Underwears
- 10: Shoes
- 11: Sunglasses and spare glasses

MONT-BELL

UMBRO
MONT-BELL
MONT-BELL
MONT-BELL
Perl Izumi, OGK
MONT-BELL

L.L. Bean Mountain Treads, Teva Sandals