

Essentials:

- My 2.5 man tent, a tarp or sun-shadow and enough tent pegs (ground sheet built in?)
- some thin rope for drying lines 5-10m, a handful of clothes pegs
- decent sleeping bag, inflateable pillow
- air bed and pump or mat if you prefer
- socks, underwear, t-shirts for 3-4 days
- light shoes
- swimming trunks/costume whatever
- one net bag and some extra bungies for attaching shopping
- one sharp knife (best foldable)
- one loo-roll
- a torch (small LED type)
- spare trousers, shorts, sunglasses, spare glasses if needed
- Microfibre towel (dries quickly)
- wash bag with essentials
- any medication you might need
- corkscrew and can-opener
- first-aid kit (small)
- suncream
- lighter
- tools for peripheral jobs and adjusting chain, duct-tape, small wd40, small bottle oil, chain lube
- spare keys for the bike and luggage
- mobile phone and charger
- Navigation device
- Passport/ID, bike ownership papers, driving license, insurance
- Automobile club travel card (AA, RAC, ADAC etc)
- Bank card, Visa card, some cash
- Aluminium panniers, waterproof sack, tank-bag, bungees
- Spare gloves
- Decent motorcycle jacket, trousers, boots and helmet
- plenty to drink, isotonic drink, muesli bars, power bars
- waterproof bags for wallet, phone and electronics
- Rain overall
- Neck scarf or similar for cold-days/sunburned neck

Sub-essentials:

- Food for the first evening
- Bin/trash bags
- extra light cloth sleeping bag for hot weather
- one set of smarter clothes
- one foldable camping chair
- Tilley hat (sit on it, wear it, wave it, whatever)
- paper tissues (cleaning visor etc)
- hand wash liquid or gel for laundry day
- tyre repair spray
- maps and guide books
- A5 size notepad and pen

Optionals and cooking stuff:

- a general purpose cloth, a vileda scourer or similar, washing-up liquid in a small bottle
- gas cooker, gas cartouche, pan and pot with shared handle, small bottle of cooking fat
- plate and mug
- small Bialetti-type espresso maker, coffee in small tin
- spoon and fork
- salt and pepper in small container(s)
- midge spray
- camera and necessary cables
- Action cam and cables (USB micro, C, and mini)
- Camping CEE adapter and extension cable
- Laptop/tablet for route planning
- more waterproof bags for delicate items