

Wearing

- leggings / bike trousers / shorts
- Shoes (small laces)
- Waterproof socks
- layers
 - warm - windproof
- Baselayer
- helmet / pads

Spare

- Socks
- Underware
- baselayers
- leggings
- hat / gloves

Camping

- tent / tarp / bivvy
 - Sleeping bag / mat / liner
 - food + cooking equipment
 - toiletries
 - electronics
 - water / filter
 - torch / bike lights
 - bike pump / spare bits
 - multitool - first aid kit
 - map / compass
- between group