



POSTIE BIKE ADVENTURES AUSTRALIA

Packing Checklist – Just a rough guide

- A hydration pack / 5 litre water bottle
- Motorcycle helmet (mandatory complying to Australian Standards)
- Motorbike gloves
- Goggles
- Motorcross style boots
- Touring/Enduro style jacket
- Touring/Enduro style riding pants
- A hydration pack / 5 litre water bottle
- Lightweight jacket
- Long pants/jeans/trackpants for the cooler evening
- Shirts
- Shorts
- Thongs and a pair of shoes/boots (for hiking in gorges)
- Sun hat
- Towel (for swimming and showering)
- Spare socks and jocks / knickers and bra's
- Swimming stuff
- Swag
- Sleeping Bag
- Pillow
- Air Mattress
- Head Lamp
- Sunglasses
- Mosquito repellent
- Sun screen
- Camera
- Spare batteries. For camera and headlamp.
- Toiletries: toothbrush, toothpaste, razor, shaving cream, deodorant, soap
- Electrolyte powder or tablets
- Cash or credit card to buy souvenirs etc.
- Solar charger / large battery pack for your phone.
- You may also want to bring a roll of dunny paper for the potential unexpected pit-stop along the ride.



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- Insect repellent.
- Antiseptic cream.
- Suncream and total sun block.
- Throat lozenges.
- Painkillers. Aspirin, Paracetamol etc.
- Anti-diarrhoea (Diocalm or Immodium).
- Band-aids and 'Second Skin' for blisters.
- Antibiotics. A broad-spectrum antibiotic (such as Ciproxin) suitable for a variety of infections.
- Re-hydration salts. (Dioralite).
- Dextrose glucose tablets.
- Multi-vitamin tablets.