

# Finland-Sweden-Norway August 2014

File = 2014b-finland/equipment/packListDavid.ods

## Alphabetical for David

20th Jul 2014

- BC** = Bike Cover (check-in)
- BL** = Back Left (check-in)
- BR** = Back Right
- FL** = Front Left (check-in)
- FR** = Front Right
- HB** = Handlebar Bag
- LR** = Luggage Rack
- B** = Bicycle
- ET** = Etui
- K** = Check-in as Kari's Baggage
- P** = Pans
- RK** = Repair Kit
- RK-SI** = Repair Kit (small items + bag)
- T** = Part of Tent
- W** = Wear for Travel

### Last Minute Checks

- Visa, Mastercard, PostCard
- Swiss ID, Halb Tax
- Wallet & Money Belt
- Body Bag
- Driving Licence
- Glasses
- Handy
- Tickets & Paperwork

**To Wear Pre-Tour = 2534**

**Total Luggage Pre-Tour = 20042**

**To Wear On-Tour = 1548**

**Total Luggage On-Tour = 21028**

Pre Tour	On Tour		
BC	15000	Bicycle David	
HB	HB	16	Address Book
RK	RK	RK-SI	Adhesive Tape
RK	RK	116	Adjustable spanner
RK	RK	RK-SI	Allen Keys
BR	FR	470	Anorak (nylon)
BL	BL	914	Bag Back Left
BR	BR	916	Bag Back Right
FL	FL	724	Bag Front Left
BR	FR	722	Bag Front Right
HB	HB	784	Bag Handlebar
BL	BL	92	Bag white
FL	FL	48	Beakers x 2
BC	LR	444	Bicycle Cover
HB	HB	108	Book – Finnish Phrasebook
P	P	P	Bowls x 2
RK	RK	RK-SI	Brake Inserts
RK	RK	RK-SI	Cables (2)
RK	RK	RK-SI	Cables Ties
HB	HB	218	Camera
RK	RK	RK-SI	Chain Link (1)
RK	RK	92	Chain Tool
BL	BR	174	Charger (Cam + Handy + iPad)
FL	FL	302	Chocolate
P	P	P	Cigarette Lighter
P	P	P	Cloths (2)
RK	RK	186	CO2 Cartridges (4)
FL	FL	240	Coffee, Tea Bags, Salt
RK	RK	56	Cog remover
HB	HB	8	Comb
ET	ET	ET	Comb
HB	HB	54	Compass
FL	FL	684	Cooker + Fuel Bottle
HB	HB	30	Cycle Clips
HB	HB	76	Cycle Glasses and Case
BL	W	172	Cycle Shirt black
BL	BL	214	Cycle Shirt white

Pre Tour	On Tour		
BL	W	176	Cycle Shorts
HB	HB	52	Diary
HB	HB	12	Driving Licence
ET	ET	ET	Ear Plugs
BL	LR	142	Elastics x 2
FL	BR	34	Empty Bottle
BL	BR	356	ET = Etui
ET	ET	ET	Eye Shade
FL	BR	200	First Aid Kit
ET	ET	ET	Flannel
W	BR	408	Fleece Black
RK	RK	RK-SI	Front-wheel Spacers
HB	HB	50	Glasses
HB	BR	32	Glasses (spare)
BR	W	44	Gloves Cycle
FL	FR	118	Gloves Inner + Over
HB	HB	16	Gloves plastic (1 Pr)
RK	RK	RK-SI	Gloves plastic (1 Pr)
BL	BL	18	Handkerchief (1)
HB	HB	26	Handkerchiefs Paper (1 Pkt)
HB	BR	120	Handy
FL	FR	38	Head Band
W	W	240	Helmet
HB	HB	52	ID Card and Credit Cards
BL	BR	158	Inner Tube
HB	HB	420	iPad
FL	FR	250	Jacket Windproof Red
FL	FL	122	Knife/Fork/Spoon x 2
BR	FR	156	Leg Warmers and Suspenders
ET	ET	ET	Lip Salve
FL	FL	130	Lock and Chain
HB	HB	78	Log Book
BL	BL	176	Long Johns
HB	HB	30	Magnifying Glass
RK	RK	RK-SI	Manometer (plastic)
HB	HB	52	Map
BR	BR	894	Mattress
ET	ET	ET	Micropur

# Alphabetical for David

20th Jul 2014

Pre Tour	On Tour		
BL	B	26	Mirror
BR	FR	22	Mosquito Net for Head
BL	HB	32	Mosquito Repellent
RK	B	38	Mudguard Extra Flap
ET	ET	ET	Nail Clippers
BL	BR	104	Oil + Cloth
BL	FR	222	Over-trousers (nylon)
BL	FL	1162	P = Pans etc
P	P	P	Pan Handle
P	P	P	Pan Large
P	P	P	Pan Lid
P	P	P	Pan Shallow
BR	BL	70	Pants Brief blue
W	BL	76	Pants Briefs dark-blue
BR	W	114	Pants Long dark-blue
ET	HB	60	Penknife Black
P	P	P	Plates x 2
W	W	756	Plimsoles
BL	BR	140	Pump
RK	RK	60	Puncture outfit (2)
BL	BR	RK	RK = Repair Kit (incl RK-SI)
RK	RK	372	RK-SI (small items + bag)
BR	BR	102	Rubbish Bags (3)
BC	HB	24	Saddle Cover
RK	RK	62	Screwdriver 2-ended
ET	ET	ET	Shampoo – 3 Sachets + bottle
W	BL	254	Shirt Hiking Long-sleeved
BR	BR	138	Silk Liner
K	BL	776	Sleeping Bag (incl. cover)
ET	ET	ET	Soap
FL	BL	34	Socks Grey
W	W	46	Socks White
RK	RK	88	Spanner 15 mm
BL	FR	134	Spats
FL	FL	40	Spatula
RK	RK	RK-SI	Spoke emergency
RK	RK	34	Spoke spanner
BC	LR	0	Spokes spare (1)
P	P	P	Spoons plastic
RK	RK	RK-SI	String
BL	HB	64	Sun Cream
BR	FR	86	Sun Hat
BR	FR	142	Swimming Costume
BL	BL	166	T-shirt Blue PSI
W	BL	216	T-shirt Red Odlo
LR	T	T	Tent (Colin – total weight = 2754 gm)
LR	T	60	Tent Bag
LR	T	974	Tent Body
LR	T	730	Tent Flysheet
LR	T	220	Tent Footprint
LR	T	268	Tent Pegs
LR	T	502	Tent Poles

Pre Tour	On Tour		
BL	BL	500	Texas
HB	HB		Tickets & Misc Papers
HB	HB	20	Toilet Paper
ET	ET	ET	Toothbrush + Toothpaste + Floss
BR	FR	86	Towel
W	BL	538	Trousers Beige + Belt
RK	RK	RK-SI	Tyre levers
BL	BL	232	Vest Long-sleeved “thermal”
HB	HB	210	Wallet & Money Belt
P	P	P	Washing Line
P	P	P	Washing-Up Liquid
BC	B	84	Water Bottle (1)
HB	HB	32	Whistle

# Finland-Sweden-Norway August 2014

File = 2014b-finland/equipment/packListDavid.ods

## Bag Contents Pre-Tour for David

20th Jul 2014

Pre Tour	On Tour		
		<b>BC = Bike Cover (check-in)</b>	
		<b>BL = Back Left (check-in)</b>	
		<b>BR = Back Right</b>	
		<b>FL = Front Left (check-in)</b>	
		<b>FR = Front Right</b>	
		<b>HB = Handlebar Bag</b>	
		<b>LR = Luggage Rack</b>	
		<b>B = Bicycle</b>	
		<b>ET = Etui</b>	
		<b>K = Check-in as Kari's Baggage</b>	
		<b>P = Pans</b>	
		<b>RK = Repair Kit</b>	
		<b>RK-SI = Repair Kit (small items + bag)</b>	
		<b>T = Part of Tent</b>	
		<b>W = Wear for Travel</b>	
BC	15000	Bicycle David	
BC LR	444	Bicycle Cover	
BC HB	24	Saddle Cover	
BC LR	0	Spokes spare (1)	
BC B	84	Water Bottle (1)	
	<b>2754</b>	<b>Tent (check-in)</b>	
LR	T	Tent (Colin – total weight = 2754 gm)	
LR T	60	Tent Bag	
LR T	974	Tent Body	
LR T	730	Tent Flysheet	
LR T	220	Tent Footprint	
LR T	268	Tent Pegs	
LR T	502	Tent Poles	
K BL	776	Sleeping Bag (incl. cover)	
	<b>2964</b>	<b>Front Left (check-in)</b>	
FL FL	724	Bag Front Left	
FL FL	48	Beakers x 2	
FL FL	302	Chocolate	
FL FL	240	Coffee, Tea Bags, Salt	
FL FL	684	Cooker + Fuel Bottle	
FL BR	34	Empty Bottle	
FL BR	200	First Aid Kit	
FL FR	118	Gloves Inner + Over	
FL FR	38	Head Band	
FL FR	250	Jacket Windproof Red	
FL FL	122	Knife/Fork/Spoon x 2	
FL FL	130	Lock and Chain	
FL BL	34	Socks Grey	
FL FL	40	Spatula	

Pre Tour	On Tour		
		<b>Last Minute Checks</b>	
		Visa, Mastercard, PostCard	
		Swiss ID, Halb Tax	
		Wallet & Money Belt	
		Body Bag	
		Driving Licence	
		Glasses	
		Handy	
		Tickets & Paperwork	
	<b>6538</b>	<b>Back Left (check-in)</b>	
BL BL	914	Bag Back Left	
BL BL	92	Bag white	
BL BR	174	Charger (Cam + Handy + iPad)	
BL W	172	Cycle Shirt black	
BL BL	214	Cycle Shirt white	
BL W	176	Cycle Shorts	
BL LR	142	Elastics x 2	
BL BR	416	ET = Etui	
BL BL	18	Handkerchief (1)	
BL BR	158	Inner Tube	
BL BL	176	Long Johns	
BL B	26	Mirror	
BL HB	32	Mosquito Repellent	
BL BR	104	Oil + Cloth	
BL FR	222	Over-trousers (nylon)	
BL FL	1162	P = Pans etc	
BL BR	140	Pump	
BL BR	1104	RK = Repair Kit (incl RK-SI)	
BL FR	134	Spats	
BL HB	64	Sun Cream	
BL BL	166	T-shirt Blue PSI	
BL BL	500	Texas	
BL BL	232	Vest Long-sleeved "thermal"	
	<b>3962</b>	<b>Back Right (hand-baggage)</b>	
BR FR	470	Anorak (nylon)	
BR BR	916	Bag Back Right	
BR FR	722	Bag Front Right	
BR W	44	Gloves Cycle	
BR FR	156	Leg Warmers and Suspenders	
BR BR	894	Mattress	
BR FR	22	Mosquito Net for Head	
BR W	114	Pants Long dark-blue	
BR BL	70	Pants Brief blue	
BR BR	102	Rubbish Bags (3)	
BR BR	138	Silk Liner	
BR FR	86	Sun Hat	
BR FR	142	Swimming Costume	
BR FR	86	Towel	

## Bag Contents Pre-Tour for David

20th Jul 2014

Pre Tour	On Tour		
		<b>2496</b>	<b>Bag Handlebar (hand-baggage)</b>
HB	HB	16	Address Book
HB	HB	784	Bag Handlebar
HB	HB	108	Book – Finnish Phrasebook
HB	HB	218	Camera
HB	HB	8	Comb
HB	HB	54	Compass
HB	HB	30	Cycle Clips
HB	HB	76	Cycle Glasses and Case
HB	HB	52	Diary
HB	HB	12	Driving Licence
HB	HB	50	Glasses
HB	BR	32	Glasses (spare)
HB	HB	16	Gloves plastic (1 Pr)
HB	HB	26	Handkerchiefs Paper (1 Pkt)
HB	BR	120	Handy
HB	HB	52	ID Card and Credit Cards
HB	HB	420	iPad
HB	HB	78	Log Book
HB	HB	30	Magnifying Glass
HB	HB	52	Map
HB	HB		Tickets & Misc Papers
HB	HB	20	Toilet Paper
HB	HB	210	Wallet & Money Belt
HB	HB	32	Whistle
BL	BR	<b>1104</b>	<b>RK = Repair Kit</b>
RK	RK	RK-SI	Adhesive Tape
RK	RK	116	Adjustable spanner
RK	RK	RK-SI	Allen Keys
RK	RK	RK-SI	Brake Inserts
RK	RK	RK-SI	Cables (2)
RK	RK	RK-SI	Cables Ties
RK	RK	RK-SI	Chain Link (1)
RK	RK	92	Chain Tool
RK	RK	186	CO2 Cartridges (4)
RK	RK	56	Cog remover
RK	RK	RK-SI	Front-wheel Spacers
RK	RK	RK-SI	Gloves plastic (1 Pr)
RK	RK	RK-SI	Manometer (plastic)
RK	B	38	Mudguard Extra Flap
RK	RK	60	Puncture outfit (2)
RK	RK	372	RK-SI (small items + bag)
RK	RK	62	Screwdriver 2-ended
RK	RK	88	Spanner 15 mm
RK	RK	RK-SI	Spoke emergency
RK	RK	34	Spoke spanner
RK	RK	RK-SI	String
RK	RK	RK-SI	Tyre levers

Pre Tour	On Tour		
		<b>2534</b>	<b>To Wear</b>
W	BR	408	Fleece Black
W	W	240	Helmet
W	BL	76	Pants Briefs dark-blue
W	W	756	Plimsoles
W	BL	254	Shirt Hiking Long-sleeved
W	W	46	Socks White
W	BL	216	T-shirt Red Odlo
W	BL	538	Trousers Beige + Belt
BL	BR	<b>416</b>	<b>ET = Etui</b>
ET	ET	ET	Comb
ET	ET	ET	Ear Plugs
BL	BR	356	Etui
ET	ET	ET	Eye Shade
ET	ET	ET	Flannel
ET	ET	ET	Lip Salve
ET	ET	ET	Micropur
ET	ET	ET	Nail Clippers
ET	HB	60	Penknife Black
ET	ET	ET	Shampoo – 3 Sachets + bottle
ET	ET	ET	Soap
ET	ET	ET	Toothbrush + Toothpaste + Floss
BL	FL	<b>1162</b>	<b>Pans etc</b>
P	P	P	Bowls x 2
P	P	P	Cigarette Lighter
P	P	P	Cloths (2)
P	P	P	Pan Handle
P	P	P	Pan Large
P	P	P	Pan Lid
P	P	P	Pan Shallow
P	P	P	Plates x 2
P	P	P	Spoons plastic
P	P	P	Washing Line
P	P	P	Washing-Up Liquid

**Check-in Totals**  
**Bike: 15552**

Tent: 2754  
 Back Left: 6538  
 Front Left: 2964

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**Check-in Bags: 12256**

**Total Hand-Baggage**  
 Back Right: 3962  
 Handlebar: 2496

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**Hand-Baggage: 6458**

**Grand Total: 34266**  
**Total Luggage: 20042**

# Finland-Sweden-Norway August 2014

File = 2014b-finland/equipment/packListDavid.ods

## Bag Contents On-Tour for David

20th Jul 2014

Pre Tour	On Tour		
		<b>BB = Bike Box (check-in)</b>	
		<b>BL = Back Left (check-in)</b>	
		<b>BR = Back Right</b>	
		<b>FL = Front Left (check-in)</b>	
		<b>FR = Front Right</b>	
		<b>HB = Handlebar Bag</b>	
		<b>LR = Luggage Rack</b>	
		<b>B = Bicycle</b>	
		<b>ET = Etui</b>	
		<b>K = Check-in as Kari's Baggage</b>	
		<b>P = Pans</b>	
		<b>RK = Repair Kit (small items + bag)</b>	
		<b>T = Part of Tent</b>	
		<b>W = Wear for Travel</b>	
BC	15000	Bicycle David	
BL	B	26	Mirror
RK	B	38	Mudguard Extra Flap
BC	B	84	Water Bottle (1)
		<b>3340 Luggage Rack</b>	
BC	LR	444	Bicycle Cover
BL	LR	142	Elastics x 2
BC	LR	0	Spokes spare (1)
	LR	T	Tent (Colin – total weight = 2754 gm)
LR	T	60	Tent Bag
LR	T	974	Tent Body
LR	T	730	Tent Flysheet
LR	T	220	Tent Footprint
LR	T	268	Tent Pegs
LR	T	502	Tent Poles
		<b>4276 Back Left</b>	
BL	BL	914	Bag Back Left
BL	BL	92	Bag white
BL	BL	214	Cycle Shirt white
BL	BL	18	Handkerchief (1)
BL	BL	176	Long Johns
BR	BL	70	Pants Brief blue
W	BL	76	Pants Briefs dark-blue
W	BL	254	Shirt Hiking Long-sleeved
K	BL	776	Sleeping Bag (incl. cover)
FL	BL	34	Socks Grey
BL	BL	166	T-shirt Blue PSI
W	BL	216	T-shirt Red Odlo
BL	BL	500	Tevas
W	BL	538	Trousers Beige + Belt
BL	BL	232	Vest Long-sleeved "thermal"

Pre Tour	On Tour		
FL		<b>3452 Front Left</b>	
FL	FL	724	Bag Front Left
FL	FL	48	Beakers x 2
FL	FL	302	Chocolate
FL	FL	240	Coffee, Tea Bags, Salt
FL	FL	684	Cooker + Fuel Bottle
FL	FL	122	Knife/Fork/Spoon x 2
BL	FL	130	Lock and Chain
FL	FL	1162	P = Pans etc
FL	FL	40	Spatula
		<b>2446 Front Right</b>	
BR	FR	470	Anorak (nylon)
BR	FR	722	Bag Front Right
FL	FR	118	Gloves Inner + Over
FL	FR	38	Head Band
FL	FR	250	Jacket Windproof Red
BR	FR	156	Leg Warmers and Suspenders
BR	FR	22	Mosquito Net for Head
BL	FR	222	Over-trousers (nylon)
BL	FR	134	Spats
BR	FR	86	Sun Hat
BR	FR	142	Swimming Costume
BR	FR	86	Towel
		<b>4842 Back Right</b>	
BR	BR	916	Bag Back Right
BL	BR	174	Charger (Cam + Handy + iPad)
FL	BR	34	Empty Bottle
BL	BR	356	ET = Etui
FL	BR	200	First Aid Kit
W	BR	408	Fleece Black
HB	BR	32	Glasses (spare)
HB	BR	120	Handy
BL	BR	158	Inner Tube
BR	BR	894	Mattress
BL	BR	104	Oil + Cloth
BL	BR	140	Pump
BL	BR	1066	RK = Repair Kit (incl RK-SI)
BR	BR	102	Rubbish Bags (3)
BR	BR	138	Silk Liner
		<b>1548 To Wear</b>	
BL	W	172	Cycle Shirt black
BL	W	176	Cycle Shorts
BR	W	44	Gloves Cycle
W	W	240	Helmet
BR	W	114	Pants Long dark-blue
W	W	756	Plimsoles
W	W	46	Socks White

# Bag Contents On-Tour for David

20th Jul 2014

Pre Tour	On Tour		
		<b>2524</b>	<b>Handlebar Bag</b>
HB	HB	16	Address Book
HB	HB	784	Bag Handlebar
HB	HB	108	Book – Finnish Phrasebook
HB	HB	218	Camera
HB	HB	8	Comb
HB	HB	54	Compass
HB	HB	30	Cycle Clips
HB	HB	76	Cycle Glasses and Case
HB	HB	52	Diary
HB	HB	12	Driving Licence
HB	HB	50	Glasses
HB	HB	16	Gloves plastic (1 Pr)
HB	HB	26	Handkerchiefs Paper (1 Pkt)
HB	HB	52	ID Card and Credit Cards
HB	HB	420	iPad
HB	HB	78	Log Book
HB	HB	30	Magnifying Glass
HB	HB	52	Map
BL	HB	32	Mosquito Repellent
ET	HB	60	Penknife Black
BC	HB	24	Saddle Cover
BL	HB	64	Sun Cream
HB	HB		Tickets & Misc Papers
HB	HB	20	Toilet Paper
HB	HB	210	Wallet & Money Belt
HB	HB	32	Whistle

BL	BR	<b>1066</b>	<b>RK = Repair Kit</b>
RK	RK	RK-SI	Adhesive Tape
RK	RK	116	Adjustable spanner
RK	RK	RK-SI	Allen Keys
RK	RK	RK-SI	Brake Inserts
RK	RK	RK-SI	Cables (2)
RK	RK	RK-SI	Cables Ties
RK	RK	RK-SI	Chain Link (1)
RK	RK	92	Chain Tool
RK	RK	186	CO2 Cartridges (4)
RK	RK	56	Cog remover
RK	RK	RK-SI	Front-wheel Spacers
RK	RK	RK-SI	Gloves plastic (1 Pr)
RK	RK	RK-SI	Manometer (plastic)
RK	RK	60	Puncture outfit (2)
RK	RK	372	RK-SI (small items + bag)
RK	RK	62	Screwdriver 2-ended
RK	RK	88	Spanner 15 mm
RK	RK	RK-SI	Spoke emergency
RK	RK	34	Spoke spanner
RK	RK	RK-SI	String
RK	RK	RK-SI	Tyre levers

Pre Tour	On Tour		
BL	BR	<b>356</b>	<b>ET = Etui</b>
ET	ET	ET	Comb
ET	ET	ET	Ear Plugs
BL	BR	356	ET = Etui
ET	ET	ET	Eye Shade
ET	ET	ET	Flannel
ET	ET	ET	Lip Salve
ET	ET	ET	Micropur
ET	ET	ET	Nail Clippers
ET	ET	ET	Shampoo – 3 Sachets + bottle
ET	ET	ET	Soap
ET	ET	ET	Toothbrush + Toothpaste + Floss

BL	FL	<b>1162</b>	<b>P = Pans etc</b>
P	P	P	Bowls x 2
P	P	P	Cigarette Lighter
P	P	P	Cloths (2)
P	P	P	Pan Handle
P	P	P	Pan Large
P	P	P	Pan Lid
P	P	P	Pan Shallow
P	P	P	Plates x 2
P	P	P	Spoons plastic
P	P	P	Washing Line
P	P	P	Washing-Up Liquid

**Total Front / Rear**  
8422 / 12458  
40% / 60%

**Total Left / Right**  
7728 / 7288  
51% / 49%

**Total Luggage 20976**

### Last Minute Checks

Visa, Mastercard, PostCard  
 Swiss ID, Halb Tax  
 Wallet & Money Belt  
 Body Bag  
 Driving Licence  
 Glasses  
 Handy  
 Tickets & Paperwork

# Finland-Sweden-Norway August 2014

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## Miscellaneous for David

20th Jul 2014

### Check-in Items

Tent	2754	David Bicycle +	15000	
BL	6478	Water Bottle +	84	
FL	3024	Saddle Cover +	24	
	<u>12256</u>	Cover	444	
			<u>15552</u>	<b>27808</b>

### Hand-Baggage

BR	3962
HB	2496
<b>Total Hand-Baggage:</b>	<b>6458</b>

**Total: 18714**

For Future Reference:

Our Tent (incl. Footprint)	4060
Our Mattress (Thermarest)	1190

### To Wear

**2534**

### Sleeping Bag (check-in Kari)

**776**

**Luggage Total: 22024**

### Bicycle Gearing:

Bottom Gear	Small Chain Wheel	Large Cog Wheel	Tyre	
			Circumference	Distance per Pedal Rev'n
Kari Verzasca:	26T	34T	2184 mm	1670 mm
David Verzasca:	26T	34T	2184 mm	1670 mm
Georg:	22T	34T	2184 mm	1413 mm

  

Top Gear	Large Chain Wheel	Small Cog Wheel	Tyre	
			Circumference	Distance per Pedal Rev'n
Kari Verzasca:	48T	11T	2184 mm	9530 mm
David Verzasca:	48T	11T	2184 mm	9530 mm
Georg:	?	?	2184 mm	

### Bicycle Computer Settings

Kari Verzasca:	2125	Kari Mondia:	2070
David Verzasca:	2147	David Ottawa:	2141

Verzasca Gearing: 26/36/48 11/13/15/17/19/21/23/26/30/34