

**Riniken-Tarragona May/June 2018**  
**Alphabetical for Kari**

File = 2018a-spain/equipment/packListDavid.ods  
 9<sup>th</sup> May 2018

**BL = Back Left**  
**BR = Back Right**

**HB = Handlebar Bag**  
**RS = Rucksack**  
**LR = Luggage Rack**

			RS	Yellow Anorak	
			RS	Black Leggings	
			BL	76	Pants (2)
			BR	78	Paper Handkerchiefs x3
			BR	46	Pegs (10)
			HB		Penknife
BR	140	Alldays			
HB		Address Book			
			HB	244	Red long sleeved wind jacket
BR	542	Black fleece			
BR	192	book	HB		Saddle Cover
			HB	66	Sewing Kit
BL	284	Climbing Trousers	BL		Shampoo (Toilet Bag)
			BL		Soap (Toilet Bag)
HB	72	Cycle Glasses x2	BL	82	Socks (3)
BL	170	Cycle Shirt (1)	RS		Spats
BR	140	Cycle Leg-warmers	HB		Sun Cream
BL		Cycle shorts	HB		Sunglasses
BL		Dental Floss (Toilet Bag)	BR	86	Swimming Costume
HB		Driving Licence	BL	270	T-shirt (2)
BL		Ear Plugs (Toilet Bag)			
LR		Elastics	BR	500	Texas
BR		Emergency spoke (Repair Kit)	BL	398	Toilet bag
BL		First Aid Kit	BL		Toothbrush, paste, hairbrush, earplugs
			BL		soap, shampoo, floss, panadol, med.
HB		Glasses	BR	70	Towel (Toilet bag)
HB		Glasses (spare)	BL	54	Vests (1)
RS	96	Gloves (Inner + Over)			
BL	146	Grey knee shorts		1970	
BR		Inner tube			
			<b>To Wear</b>		
HB		ID Card (CH)			Helmet
HB		Keys, house + bike			Cycle Shorts
HB		Lip Salve			Socks
					Plimsolls
					Pants
BL	112	Long Johns			Cycle Shirt
					Gloves
BL	110	Long-sleeved "thermal" Vest			

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**Bag Contents for Kari**

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<b>Back Left</b>		2938	
Rear Pannier	812		
First aid kit	208		
Climbing Trousers	280		
Cycle Shirt (2)	120	170	
Cycle shorts		158	
Etui:	402		
earplugs, inhaler, eye drops			
Shampoo, Soap, Floss,			
Toothpaste, Toothbrush, brush			
panadol			
Long Johns	112		
Climbing Trousers	110		
Nightdress	182		
Pants (2x cycle)	94		
Pants (2x normal)	62		
Grey knee-length shorts	150		
Socks (3)	82		
T-shirt (2x,red, blue)	270		
Vests (1)	54		

<b>Back Right</b>		2852	
Rear Pannier	812		
Alldays	140		
Black fleece	564		
Book	192		
Cycle leg warmers	140		
Inner tube	174		
paper handkerchiefs x 5	128		
pegs x10	46		
Swimming Costume, towel	156		
Texas	500		

<b>Luggage rack</b>		1786	
rucksack	654		
yellow rain coat + cap	514		
black leggings	344		
spats	124		
cloth for wiping down	54		
Inner Gloves + Over-gloves	96		

<b>Handlebar Bag</b>		1568	
The Bag Itself	814		
Address book	68		
Cycle Glasses x2	72		
Driving Licence, Credit Cards	48		
ID Card (CH) passport			
Glasses x 2	112		
Keys, house+bike	62		
Lip Salve + sun cream	62		
Penknife	60		
Purse, body purse	126		
Saddle cover	24		
Sewing kit	68		
Toilet paper, Tempo	52		

Water Bottle	350	350	
Total (excluding clothes worn)	350		

Total Front:	1568		
Total Rear:	1786	53%	
Total left	2938		
Total right	2852		
Total weight	9144		

The numbers are weights in grams