

A CHECK-LIST BEFORE THE TRIP

DOCUMENTS

- Identity card
- Passport
- Driving licence
- Liability insurance
- Green Card
- EHIC card
- Payment cards (MasterCard and Visa)
- Cash
- Assistance insurance
- Copy of documents available online

FIRST AID KIT

- Standard first aid kit
- Painkillers (2 types)
- Aids for stomach problems (Smecta)
- Antipyretic drugs (Fervex)
- Disinfectants (Octenisept)
- Cream with UV filter
- Burn remedy (Panthenol)
- Electrolytes, e.g. Orsalit
- Dry ice for bruising
- Adrenaline/antihistamines

MOTORCYCLE CLOTHES

- Jacket/pants or overalls
- Motorcycle gloves
- Helmet
- Rainsuit
- Balaclava
- Thermo-active shirts/underwear
- Socks

DAILY CLOTHES

- Shorts/pants
- Dress (women's version)
- T-shirts
- Underwear
- Sandals or sport shoes
- Warm polar/blouse
- Swimwear (optional)
- Shower shoes/flapsers
- Baseball cap (optional)

ACCESSORIES/OTHERS

- Backup keys for motorcycle/cases
- Navigation
- Phone with offline map
- Paper map
- Little flashlight
- Camera
- Video camera
- Intercoms
- Power and motorcycle chargers
- Power bank
- Needle/thread/safety pin
- External HDD for copying
- Comb/hair brush
- Reflective vest
- Umbrella (optional)
- A bottle of water and something to eat.
- Shaving and nail accessories
- Sunglasses

COSMETICS BAG/HYGIENE

- Washing gel/soap
- Hair shampoo
- Toothbrush and toothpaste
- Moisturizing wipes
- Toilet paper/tissues
- Antiperspirant
- Fast drying towel
- Tampons (women's version)

MOTORCYCLE

- Repair kit for wheels
- Compressor/CO2 cartridges
- Fuses
- Light bulbs
- Multitool
- Keys
- Cable ties/repair belt
- Engine oil
- Chain lubricant

