

SECTION	CATEGORY	DESCRIPTION	SUB-DESCRIPTION	QUANTITY	STATUS	PACKAGING	LOCATION	WEIGHT (KG)	TOTAL WEIGHT (KG)	
1	Personal Documents	Passport								
		Identification Card								
		Health Insurance								
		Vehicle Recovery Insurance								
		Italian Driving Licence								
		International Driving Licence								
		Visas								
		Passport colour photos			4					
2	Motorbike Documents	Vehicle Insurance								
		Green Card								
		Vehicle Registration Certificate								
		Vehicle Ownership Certificate								
		Vehicle Chassis Number								
		Vehicle Motor Number								
		Carnet du Passage								
		User and Repair Manual								
3	Address Book	Parents/Relatives								
		Main Friends								
		Embassies								
		Police								
		Health Insurance Contact								
		Vehicle Recovery Insurance Contact								
		Country Dependant Vehicle Recovery Contact								
		Your Local Motorbike Mechanics/Dealer								
		Country Representative of your Motorbike								
		Copy Address Book to	GPS Map							
			Mobile Phone							
	Satellite Phone									
4	Maps	Cartography								
		GPS Maps	Garmin							
			OpenStreetMap Project							
		Compass								
5	Preservation	Convert all documents of Sections 1-3 and Roadbook to PDF								
		Print all pdf documents in colour								
		Store all pdf documents and GPS Maps to	USB Pen							
			Accessible internet host, e.g., Dropbox							
6	Road Book	Find maps (Section 4)								
		Identify Points of Interest (POI)	Lonely Planet							
			Web							
			Copy POIs and important addresses to Roadbook							
			Excel file							
			Copy POIs and important addresses to GPS map							
		Itinerary Set Up	Daily Route with Daily ToDos/Notes							
			Info road conditions							
			Info political situation, driving licence, health care							
			Visits to attractions							
			Hiking							
			Set up Timing							
			Ferries							
			Border Crossing info							
			10% days/time margin							
			Find/book Accommodation in critical places							
			Visas							
			Report itinerary set up into RoadBook Excel file							
			Copy Roadbook routes into GPS navigator							
	Print RoadBook									

	Store RoadBook in	Dropbox		<input type="checkbox"/>
		Mobile phone		<input type="checkbox"/>
		USB pen		<input type="checkbox"/>
7	Money			
	Credit Cards		2	<input type="checkbox"/>
	Cash (Euro/Dollars)			<input type="checkbox"/>

8	Motorbike			
	Service	Motor Oil		<input type="checkbox"/>
		Gearbox Oil		<input type="checkbox"/>
		Oil Filter		<input type="checkbox"/>
		Rear wheel final drive Oil		<input type="checkbox"/>
		Air filter		<input type="checkbox"/>
		Brake pads		<input type="checkbox"/>
		Spark plugs		<input type="checkbox"/>
		Alternator belt		<input type="checkbox"/>
		Check according to maintenance sheet		<input type="checkbox"/>
		Check for leakings		<input type="checkbox"/>
		Replace worn items		<input type="checkbox"/>
		Check and grease side stand		<input type="checkbox"/>
		Check and grease central stand		<input type="checkbox"/>
		Check front wheel bearing		<input type="checkbox"/>
		Check rear wheel bearing		<input type="checkbox"/>
		Visually check electric wirings		<input type="checkbox"/>
		Check frame and major bolts for tightening		<input type="checkbox"/>
		Change Tires (e.g., Mitas E07 Dakar)		<input type="checkbox"/>
		Benzine fuel		<input type="checkbox"/>
	Trip Conversion	Suspension setup		<input type="checkbox"/>
		Front light protection		<input type="checkbox"/>
		ToolTubes on crash bar		<input type="checkbox"/>
		Touratech luggage rack enlarger		<input type="checkbox"/>
		Touratech crash bar bags		<input type="checkbox"/>
		Touratech auxiliary bag below the luggage rack		<input type="checkbox"/>
		Alluminium side panniers		<input type="checkbox"/>
		Touratech 3L fuel canister with straps on right pannier		<input type="checkbox"/>
		Touratech universal item holder with straps on left pannier		<input type="checkbox"/>
		Touratech Companero tank bag		<input type="checkbox"/>
		Touratech tool bag universal/pannier lid bags with straps		<input type="checkbox"/>
		Enduristan Tornado 2XL Pack Sack with rock straps		<input type="checkbox"/>
		Enduristan XS 12 Base Pack with straps		<input type="checkbox"/>
		Motorbike cargo net	1	<input type="checkbox"/>
		Spare RockStraps	2	<input type="checkbox"/>
		Touratech straps	4	<input type="checkbox"/>
		Garmin Zumo 550		<input type="checkbox"/>
		Garmin Gpsmap 64st		<input type="checkbox"/>

Spare Parts	Fuel	3L	<input type="checkbox"/>	Touratech 3L fuel canister	RH Panier.back	2.40
	Motor Oil (15W 50)	1L or 2L	<input type="checkbox"/>			
	Gearbox Oil (75W 90)	0.5L	<input type="checkbox"/>			
	Clutch fluid (Vitaloil V10 / Magura Blood hydraulic oil)	250ml	<input type="checkbox"/>	Pack bag	LH Panier.back	1.60
	Brake fluid Dot4	250ml	<input type="checkbox"/>			
	Spark plugs	4	<input type="checkbox"/>		RH ToolTube	0.50
	Spare passenger peg		<input type="checkbox"/>		RH ToolTube	0.30
	Spare fuel pump electronics & gasket		<input type="checkbox"/>		RH ToolTube	0.30
	Spare fuel pump		<input type="checkbox"/>		RH ToolTube	0.30
	Light bulbs for front and auxiliary beam		<input type="checkbox"/>		Touratech auxiliary bag	0.20

	Motor/Gearbox/Rear Wheel Drive Filler/Drain Plug Gaskets		<input type="checkbox"/>	MyTech Alluminium Tool Case	0.10	
Tools	Tire pump (Lezyne Micro Floor Drive HV)		<input type="checkbox"/>	RH ToolTube	0.20	
	Fuel pipe kit for refueling/emptying		<input type="checkbox"/>	RH ToolTube	0.20	
	Tire repair kit (Safety Seal Tire Repair Kit 30)		<input type="checkbox"/>	MyTech Alluminium Tool Case	0.50	
	Tire pressur gauge and rectangular valve adapter		<input type="checkbox"/>	MyTech Alluminium Tool Case	0.50	
	Oil filter wrench		<input type="checkbox"/>	RH ToolTube	0.30	
	Spark wrench, spark plug connector, coil puller		<input type="checkbox"/>	LH ToolTube	0.50	
	Battery start cable		<input type="checkbox"/>	MyTech Alluminium Tool Case	0.40	
	Fuel funnel		<input type="checkbox"/>	Touratech auxiliary bag	0.30	
	Iron wire	2m	<input type="checkbox"/>	MyTech Alluminium Tool Case	0.20	
	BMW under seat tool case		<input type="checkbox"/>	BMW under seat tool case	0.50	
	Cable tie assortment		<input type="checkbox"/>	RH ToolTube	0.20	
	Angular hexagonal/torx key set (Long Arm)		<input type="checkbox"/>	BMW under seat tool case	0.75	
	Open end wrench kit		<input type="checkbox"/>			
	Small bits assortment & 1/2 inch socket adaptor		<input type="checkbox"/>	MyTech Alluminium Tool Case	0.30	
	Small monkey wrench		<input type="checkbox"/>	LH ToolTube	0.50	
	Tapes: Electrical, Ultra strong duct tape (Tesa), Water activated polyurethane resin fiberglass fix tape (CFC Rifâtutto Tape), Tesa tape electric wites		<input type="checkbox"/>	LH Touratech crash bar bag	0.50	
	Sigillants and Glues: plastic, metal, epoxy resin (also for engine -Motorsil), Loctide, Touratech epoxy resin		<input type="checkbox"/>	RH ToolTube	0.50	
	Pliers: electric-, combination-, needle nose-, small water pump plier		<input type="checkbox"/>	LH ToolTube	0.75	
	Scissors		<input type="checkbox"/>	LH ToolTube	0.30	
	Mini Multi-use lubricat (WD-40)		<input type="checkbox"/>	Touratech auxiliary bag	0.20	
Mini Electrical contact cleaner spray (WD-40 contact cleaner)		<input type="checkbox"/>	Touratech auxiliary bag	0.20		
Keyed cable lock		<input type="checkbox"/>	RH Touratech crash bar bag	0.50		
Wheel removal tools, Tools for Motor/Gearbox/Rear Wheel Drive Oil filler/drain plugs removal/tightening	T-handle with sliding square drive 1/2 inch		<input type="checkbox"/>			
	1/2 inch extension		<input type="checkbox"/>	LH ToolTube	1.00	
	Hexagonal sockets (1/2 inch): 13, 19		<input type="checkbox"/>			
	Torx sockets (1/2 inch): T45, T50		<input type="checkbox"/>			
	Front wheel removal adaptor		<input type="checkbox"/>			
	Socket bits for hex socket screws (1/2 inch): 8		<input type="checkbox"/>			
9 Electronics	Helmet bluetooth interphones USB charge cables (Cardo System Scala rider G4)	2	<input type="checkbox"/>			
	Multi port USB charger (60W, 12A, 8/10 port)	1	<input type="checkbox"/>			
	Torch, waterproof (Princeton Tec IMPACT XL)	1	<input type="checkbox"/>			
	International plug-and-play power multi-adaptor	1	<input type="checkbox"/>			
	Shuko adaptor	2	<input type="checkbox"/>	Pack bag	LH Panier	1.10
	Triple power adaptor	2	<input type="checkbox"/>			
	Mobile phone charging cables	2	<input type="checkbox"/>			
	Photo camera charging cable, spare battery, spare SD cards, SD - USB adaptor	1	<input type="checkbox"/>			
	Mobile phone		<input type="checkbox"/>		Jacket	0.20
	Photo camera	1	<input type="checkbox"/>	Pack bag	Tank bag	1.40
Satellite phone (Inmarsat isatPhone 2)	1	<input type="checkbox"/>	Pack bag	Tank bag		
Satellite phone air time (Inmarsat)		<input type="checkbox"/>				

Laptop		1	<input type="checkbox"/>				1.3	
Laptop charger		1	<input type="checkbox"/>	Pack bag	LH Panier		0.3	1.90
Internet Hub		1	<input type="checkbox"/>				0.3	
Headlamps (Petzl Actik Core)		2	<input type="checkbox"/>					
Satellite phone USB charge cable, spare battery			<input type="checkbox"/>					
USB charge cable 50cm for in tank bag charging:		2	<input type="checkbox"/>					
Mini USB and Micro USB			<input type="checkbox"/>					
Pocket/Mini Digital Multimeter (HT14D)			<input type="checkbox"/>					
Spare bluetooth interphones Helmet fixing replacement kit			<input type="checkbox"/>	Pack bag	LH Panier			1.20
Jump starter (Suaoki T10 12000mAh)			<input type="checkbox"/>					
Spare batteries for	Torch		<input type="checkbox"/>					
	Headlamp		<input type="checkbox"/>					
	Tentlight		<input type="checkbox"/>					
Mobile phone credit load with Intl. roaming		100 euro	<input type="checkbox"/>					
GPS navigator	Zumo 550		<input type="checkbox"/>					
	GPSMAP 64st		<input type="checkbox"/>					
	GPSMAP 64st spare battery pack	1	<input type="checkbox"/>					
	SD cards 8GB	2	<input type="checkbox"/>	Pack bag	LH Panier			0.30
	Charge and transfer cable: micro usb	2	<input type="checkbox"/>					
	SD card adaptor	1	<input type="checkbox"/>					
Helmet bluetooth interphones (Cardo System Scala rider G4)		2	<input type="checkbox"/>					
Camera Tripod (optional)			<input type="checkbox"/>					0.90
			<input type="checkbox"/>					
10 First Aid								
First Aid Kit	Gauze		<input type="checkbox"/>					
	Bandages		<input type="checkbox"/>					
	Adhesive bandages		<input type="checkbox"/>					
	Tourniquet	4	<input type="checkbox"/>					
	Scissors	1	<input type="checkbox"/>	First Aid Kit Bag	LH Panier			1.45
	Plaster kit		<input type="checkbox"/>					
	bBister plasters (various sizes)		<input type="checkbox"/>					
	Antispetics/disinfectant		<input type="checkbox"/>					
	Thermometer		<input type="checkbox"/>					
Medications	Aspirin (Nonsteroidal anti-inflammatory): Head pain, fever, or inflammation, or hard attack		<input type="checkbox"/>					
	Ok: Head pain, fever, or inflammation		<input type="checkbox"/>					
	Tachipirin (Analgesic-antipyretic): feaver, headache, migraine, toothache		<input type="checkbox"/>					
	Augmentin: Antibiotics		<input type="checkbox"/>					
	Voltaren suppositories: Relief of all grades of pain and inflammation, acute musculo-skeletal disorders such as periarthritis, Kidney stone,trauma, including fracture, low back pain, sprains, strains, dislocations, orthopaedic, dental and other minor surgery.		<input type="checkbox"/>					
	Voltaren Emulgel: Relief of light grades of pain from trauma		<input type="checkbox"/>					
	Buscopan (Anticholinergic medicine): It relieves the pain of stomach and bowel cramps by helping your digestive system to relax.		<input type="checkbox"/>					
	Zyrtec (Antihistamine): relief for light respiratory allergies		<input type="checkbox"/>	Pack bag	LH Panier			1.10
	Gentalyn beta cream: Treat a variety of skin conditions (e.g., eczema, dermatitis, allergies, rash). strong corticosteroid.		<input type="checkbox"/>					
	Gentamicina + Betametason Hexal: Antibiotics/cortisone, treat a variety of skin conditions (e.g., eczema, dermatitis, allergies, rash).		<input type="checkbox"/>					
	Medrol (Cortisone/steroid): prevent allergic reactions, psoriasis, ulcerative colitis		<input type="checkbox"/>					

Enterogermina/Lacteol: Restores the intestinal bacteria balance in case of an intestinal disorder.	<input type="checkbox"/>
Grani di LungaVita Fiuggi: Laxative	<input type="checkbox"/>
Travelgum / Transcop: Relief for motion sickness	<input type="checkbox"/>
Combistill: Eyewash	<input type="checkbox"/>
Licorice flakes: low blood pressure	<input type="checkbox"/>

11 Camping Gear

Tent (MSR Carbon Reflex 3)	Inner shelter	1	<input type="checkbox"/>	10L compression bag	RH Panier			
	Outer shelter	1	<input type="checkbox"/>	10L compression bag	RH Panier		2.75	
	Poles	3	<input type="checkbox"/>					
	Pegs (Touratech Titanium)	14	<input type="checkbox"/>					
	Ground protection	2	<input type="checkbox"/>	10L pack bag	RH Panier	0.3	0.60	
	Spare Ropes		<input type="checkbox"/>					
	Mini tent light (MSR)	1	<input type="checkbox"/>					
	Pegs hammer (optional)	1	<input type="checkbox"/>			0.35	0.35	
	Sleeping mat (Thermarest NeoAir XLite)	2	<input type="checkbox"/>			0.6	1.20	
	Sleeping pillow (Exped Air Pillow)	2	<input type="checkbox"/>	10L pack bag	RH Panier	0.15	0.30	
	Sleeping bag (Winter/Sommer)	Cumulus Panyam 450 (for cold weather)	2	<input type="checkbox"/>	20L pack bag each	RH Panier	1.05	2.10
		Ferrino Lightec 900 Square (for warm weather)	2	<input type="checkbox"/>			0.9	1.80
	Repair kits (tent, mattress)		1	<input type="checkbox"/>	Pack bag	RH Pannier lid bag		0.30
	Water filtering	Micropur		<input type="checkbox"/>				
		Steripen		<input type="checkbox"/>	Pack bag	LH Panier		0.30
Backpacking Water bottle	1L bottle	2	<input type="checkbox"/>		Tank bag	1.1	2.20	
Knife	Victorinox Swiss knife		<input type="checkbox"/>					
	Opinel		<input type="checkbox"/>		Tank bag		0.30	
Camping gas (one of)	CampingGaz	1	<input type="checkbox"/>					
	Coleman	1	<input type="checkbox"/>		RH Pannier lid bag	0.4	0.40	
Camping stove (one of)	Twister Plus PZ		<input type="checkbox"/>					
	MSR PockedRocked		<input type="checkbox"/>					
	Cooking gear	Fork, Knife, Spoon Kit (Optimus Titanium Cutlery Set)	2	<input type="checkbox"/>				
		Steel Bottle opener		<input type="checkbox"/>				
	Steel mini can opener (Butterfly can opener)		<input type="checkbox"/>	Bag	RH Pannier lid bag		1.60	
	Tiny 1 cup coffee machine (GSI Mini Espresso Maker)		<input type="checkbox"/>					
	Mini cup (titanium)	2	<input type="checkbox"/>					
	Cooking kit (Msr Quick 2 System without cups)		<input type="checkbox"/>					
MSr Alpine Dish Brush/Scraper (also to clean inner tent)		<input type="checkbox"/>						
MSR Ultralight Kitchen Set		<input type="checkbox"/>						
Mini camping chair, optional		2	<input type="checkbox"/>			0.3	0.60	
Sleeping silk linen (optional)	Ferrino	2	<input type="checkbox"/>			0.15	0.30	

12 Clothing Gear Men

Microfiber underwear boxer		4	<input type="checkbox"/>				
Microfiber socks		4	<input type="checkbox"/>				
Microfiber short sleeve T-shirt		4	<input type="checkbox"/>				
Microfiber long sleeve T-shirt		2	<input type="checkbox"/>				
Intermediate stratum pile/fleece jacket	(Columbia)	1	<input type="checkbox"/>				
Final stratum lightweight waterproof jacket	(Ferrino Highlab)	1	<input type="checkbox"/>				
Lightweight, quick dry, zip-off legs, trekking pants with belt	(Northface)	1	<input type="checkbox"/>				
Flip-Flops		1	<input type="checkbox"/>				
Microfiber towel (XL, M, S)	(Ferrino X-Lite)		<input type="checkbox"/>		Enduristan Tornado 2XL Pack Sack		5.00
Microfiber robe			<input type="checkbox"/>				
Pajama	(Halvarson)		<input type="checkbox"/>				
Beauty case	Tooth brush		<input type="checkbox"/>				
	Toothpaste		<input type="checkbox"/>				
	Razor and razor blades		<input type="checkbox"/>				

	Floss		<input type="checkbox"/>			
	Backpacking leaf soap, body, shaving		<input type="checkbox"/>			
	Body wash		<input type="checkbox"/>	Humangear Organizer 74ml		
Lightweight, Gore-Tex Trekking shoes	(Scarpa Mojito GTX)	2	<input type="checkbox"/>	Pack bag	Enduristan XS 12 Base Pack	0.80
Backpacking cap for cold day		2	<input type="checkbox"/>			
Backpacking cap for sunny day		2	<input type="checkbox"/>	Pack bag	Enduristan XS 12 Base Pack	1.00
Gore-Tex cap for rainy day		2	<input type="checkbox"/>			
Gloves for cold days		2	<input type="checkbox"/>			

13 Clothing Gear Woman

Same as for men, except for the following			<input type="checkbox"/>			
Microfiber bra		2	<input type="checkbox"/>			
Beauty case	Tooth brush		<input type="checkbox"/>			
	Toothpaste		<input type="checkbox"/>			
	Floss		<input type="checkbox"/>			
	Body wash		<input type="checkbox"/>	Humangear Organizer 74ml		
	Shampoo		<input type="checkbox"/>	Humangear Organizer 74ml		
	Hair conditioner		<input type="checkbox"/>	Humangear Organizer 74ml	Enduristan Tornado 2XL Pack Sack	5.50
	Body cream		<input type="checkbox"/>	Humangear Organizer 74ml		
	Face cream		<input type="checkbox"/>	Humangear Organizer 50ml		
	Eye make-up remover		<input type="checkbox"/>			
	Mascara		<input type="checkbox"/>			
	Shower cap		<input type="checkbox"/>			
	Comb		<input type="checkbox"/>			
	Mini Hair dryer (220V)		<input type="checkbox"/>			
	Hair band and clamp		<input type="checkbox"/>			

14 Clothing Motorbike

Jacket	Rukka Aragonaut Gore-Tex and zipper lubricator		<input type="checkbox"/>			
Trousers	Rukka Aragonaut Gore-Tex		<input type="checkbox"/>			
Helmet	Arai Tour-X4 or BMW Street		<input type="checkbox"/>			
Boots	Sidi Adventure 2 Gore-Tex (Men), TCX Baja GTX (woman)		<input type="checkbox"/>			
Underhelmet	Silk (Dainese)	1	<input type="checkbox"/>			
	Cold Temperatures (kedra-t)	2	<input type="checkbox"/>			
Scarf		2	<input type="checkbox"/>	Pack bag	Tank bag	0.50
Neck warmer	light	2	<input type="checkbox"/>			
	heavy	1	<input type="checkbox"/>			
Gloves	Summer	2	<input type="checkbox"/>			
	Autumn	3	<input type="checkbox"/>			
	Winter	4	<input type="checkbox"/>	Pack bag	Tank bag	1.00
	Electric heated under gloves	1	<input type="checkbox"/>			
Rain suit	Rain Jacket Revit Cyclone 2 H2O, Rain Trousers Revit Acid H2O	2	<input type="checkbox"/>	Pack bag	LH Panier	1.30
Wind resistant upper undergarment		2	<input type="checkbox"/>	Pack bag	LH Panier	0.70

15 Miscellanea

Outdoor watch		2	<input type="checkbox"/>			
Toilet paper		1	<input type="checkbox"/>		LH Panier	0.30
Paper nose rag		2	<input type="checkbox"/>		Tank bag	0.10
Sun goggles		2	<input type="checkbox"/>		Tank bag	0.10
Reading goggles		2	<input type="checkbox"/>		Jacket	0.10
Mesch pack bag	(to dry washed gear during driving)	2	<input type="checkbox"/>		Enduristan Tornado 2XL Pack Sack	0.50
Spare pack bag (5L, 10L, 20L)			<input type="checkbox"/>		Enduristan XS 12 Base Pack	0.30
30L Waterproof pack sack for boots	(Ferrino)	2	<input type="checkbox"/>		Enduristan XS 12 Base Pack	0.30

Location	Weight (KG)	Location Weight (KG)	LH Weight	RH Weight
TOTAL	48.00		14.80	14.05
RH Panier	6.05	7.05		
LH Panier	9.65	7.05		
RH Pannier lid bag	2.30			
LH Pannier lid bag	0.00			
Tank bag	5.60			
Jacket	0.30			
Enduristan XS 12 Base Pack	2.10	0.5		
Enduristan Tornado 2XL Pack Sack	11.00	1.1		
RH ToolTube	2.80			
LH ToolTube	3.05			
MyTech Alluminium Tool Case	2.00			
RH Touratech crash bar bag	0.50			
LH Touratech crash bar bag	0.50			
Touratech auxiliary bag	0.90			
BMW under seat tool case	1.25			
RH Panier.back	2.40			
LH Panier.back	1.60			