



1. Bialetti 2-cup coffee maker
2. MSR Whisperlite Int.
3. Buck cocobolo hunting knife
4. coffee pouch
5. dish scraper
6. Primus cooking pot
7. olive oil
8. various spices
9. Petzl Tikka headlamp
10. lighters
11. cup
12. titanium spork
13. toothbrush for dishes
14. Greenland wax
15. cream
16. toiletries
17. Fjällräven jacket
18. Ziploc bags
19. sunscreen/deodorant
20. Palladium boots
21. Trousers and bib shorts
22. down jacket
23. beanie
24. sunglasses
25. GORE-TEX rain jacket
26. Rapha gloves
27. socks
29. Ortlieb Urban Panniers
30. toiletry bag
31. camping towel
32. Brooks Handlebar Bag
33. Cocoon travel pillow
34. first aid kit
35. water filter
36. water bottles
37. Hilleberg Akto tent
38. Sea to Summit ultralight pad
39. Sea to Summit sleeping bag

Camping

—Do I need an axe..?

One of my favorite aspects of bike travel is being able to wild camp at any given moment. I can count on two hands the number of times I camped on official campgrounds on this trip. I preferred to scroll the maps, searching for a secluded spot in the forest, on the beach, or along a steep cliff. There, I pitched the tent, watched the sunset, and felt the freedom of sleeping outside. I camped roughly two-thirds of this journey. The rest of the time, I stayed in hotels, hostels, Airbnbs, or on people's couches. But nothing beats starting the day by brewing a cup of coffee in the morning dew with the smell of pine needles wafting about, or stirring hot porridge on a snowy mountain pass, or toasting potatoes in the embers of a crackling campfire, dreaming about the road ahead.

My tent is a four-season Hilleberg Akto. It's meant for one person, but fits a friend if you leave the inner tent out. I've used it for years and it has served me well. It's strongly built and its double layers and compact design make it one of the warmer tents. That does make it a little too hot in the tropics. With most tents, you can remove the rain fly to gaze at the stars and catch a cool breeze. This is more difficult with the Akto, because you'll need to reattach the lines, and the inner tent fabric is not mesh. It also needs to be staked to the ground, which is a problem if you camp on a concrete floor.

For cooking I use a multi-fuel stove that burns white gas, normal gas, diesel, and kerosene. It's reliable, even at freezing temperatures and high altitudes, where propane canisters might fail. You can keep it at a soft simmer or a rolling boil, and you can buy fuel anywhere. I've used several brands, but my favorite is the MSR Whisperlite International, which is the quietest. Most of the other ones sound a

bit like a rocket launcher. To save weight and space, alcohol stoves are a good solution, as are good old propane canisters, but the latter are not available in all countries.

Camping in winter — For most, camping is a summer activity. Winter is often considered too cold, too dark, or too wet to sleep outside. It's true that it comes with challenges, but with the right preparation and mindset, winter camping can be an enjoyable and beautiful experience. As a start, it's important to dress well with the right technical garments, maintaining a three-layer principle: a quick-drying base layer, an insulation layer, and a wind and rain stopper. For sleeping, a thick down bag is just the start. Most of the cold will come from direct contact with the ground. A reflective foam pad with an aluminium layer will help a lot, which you can combine with an insulated air mattress to help trap warm air between your body and the ground. To preheat your sleeping bag, add a bottle of hot water or some stones from the campfire. Do a workout just before you go inside the tent. The blood flow makes sure all of your body parts are warm and instantly heats up the sleeping bag. Finally, don't forget to pee before you go to sleep: otherwise your body will use extra energy to keep all that liquid warm.

Finding a camping spot — If I have cell service, my favorite way to find a camping spot is to scroll Google Earth for some space in nature. In rural areas, there's always a place not too far from the road, but even in urban areas, the map tells me a lot. With a bicycle it's easy to disappear and set up camp somewhere unnoticed. I usually arrive late in the day and leave early in the morning. If I have the chance, I ask the owners for permission. On some occasions I've been caught by a farmer, but it has always ended with a laugh and a handshake. I admit that not all places I've slept have been 100 percent legal, but not all illegal things are wrong. If you respect nature and leave no trace, I see no harm in camping on private property. If you want to play it safe, there are helpful apps with extensive libraries of places to spend the night, including wild camping spots. Two I frequently use are iOverlander and park4night, which are supported by reviews from travelers.

It's impossible to give a full list of what you really need for camping. It also depends on how comfortable you want to be. If you like spending time in the saddle most of the day and are going for the maximum distance, you might want to stick to the bare necessities, to keep the bike light. I enjoy spending quiet time at camp, preparing food, going for a walk, reading, and hanging out. If you want a chair to sit in, why not bring it? You can always ship things home or donate them. On my first trip, I cycled all the way to Kyrgyzstan with an axe before I got rid of it. I had used it only twice, and though it made me feel safer when I heard strange sounds in the dark forest, I ended up being fine without it.