

Gear

I needed to be 100% independent so that I could spend the night and prepare food anywhere from desert to alpine areas. I already owned a lot of camping gear, but nothing was really small or lightweight enough to fit on the back of the bike. It takes a lot of time and research to find the right gear.

I didn't save too much weight on electronics. For photos and video, I carried a Panasonic GH4 camera with four lenses. Photography was an important part of the journey and I wanted to be able to have all the different focal lengths available in order to get the shot I was aiming for. Both the camera and its lenses are relatively lightweight. An equivalent full-frame camera would probably be double the weight and size, if not more. To process my photos and write my blog, I took my 15-inch MacBook Pro. This, together with batteries, chargers,

hard disks, was the heaviest thing I took. For navigation, I used my iPhone. I used Google Maps when there was 3G and Maps.me when I was offline. There are a lot of expensive GPS devices on the market, but in my opinion, a smartphone does the job in the most modern and intuitive way.

For clothing, I carried a small selection of casual sports-wear. Apart from padded bike-shorts, I didn't buy any typical cycling outfit because I didn't want to look like a cyclist when I was off the bike. When I stayed in a city a bit longer, I bought new clothes that I later gave away. I simply couldn't carry that much. The majority of the trip was in warm weather, except for the high altitudes in Kyrgyzstan, where I bought extra winter gear to survive the cold. Including my food supply, the bike exceeded 60 kg at that point.



BIKE & ACCESSORIES

- Surly Long Haul Trucker 28" touring bicycle
- Brooks Flyer Special saddle
- Brooks hand grips
- Ortlieb back roller Classic panniers
- Ortlieb front roller Classic panniers
- Fjällräven Greenland briefcase
- Vaude handbag
- Repair kit and spare parts (tools, brake cables, chain, lubricant, and brake blocks)
- Leatherman Wingman multi-tool

CAMPING

- Akto Hilleberg Desert tent
- Thermarest Trail Pro camping mattress
- Mammut Ajungilak Kompakt sleeping bag
- Fleece sleeping-bag liner
- Cocoon Air-Core travel pillow
- Ticket To The Moon tarp (mainly used as ground sheet)
- Optimus Nova stove
- Quechua cooking set
- 500 ml Stanley thermos bottle
- Quechua Aluminium cup
- Mini-sized salt, pepper, sugar, and soap
- Tactikka headlamp
- Bialetti 1-cup moka pot
- Zippo lighter
- Buck Cocobolo knife
- Sog Tactical Tomahawk
- Toiletry bag
- Quechua travel towel
- Emergency kit

CLOTHING

- 1x B'twin bike shorts
- 2x B'twin synthetic long-sleeve tops
- 1x Nike fleece jumper
- 1x long thermal underwear
- 1x Haglöf Rando Flex trousers
- Fjällräven Skogsö jacket
- Buff headband
- Palladium boots
- Red Fox gloves (Kyrgyzstan only)
- Red Fox snow jacket (Kyrgyzstan only)

ELECTRONICS

- iPhone 6
- Sennheiser headphones
- 15-inch retina MacBook Pro
- Kindle E-reader
- Panasonic Lumix GH4 camera
- Lumix 7-14 mm f4 lens
- Voigtlander 25 mm f0.95 lens
- Voigtlander 42.5 mm f0.95 lens
- Lumix 35-100 mm f2.8 lens
- Manfrotto tripod + ball head
- Spare batteries + charger
- Hama ND filters
- GoPro Hero 3 camera
- GoPro Flex Clamp
- 64 and 32 GB SD memory cards