



RIDER RESOURCES / PUBLIC EDITION

PREPARE WELL. RIDE FURTHER.

A practical preparation pack for every multi-day motorcycle rider. Save it offline, print it, and adapt it to the route, weather and your own motorcycle.

BOUND BY BIKES

01 / RIDER DOCUMENTS

- ☐ Valid motorcycle driving licence
- ☐ Original RC or legally accepted digital copy
- ☐ Valid vehicle insurance
- ☐ Current PUC certificate
- ☐ Government photo ID
- ☐ Emergency contact saved and written inside luggage
- ☐ Personal travel and medical insurance details

02 / MOTORCYCLE READINESS

- ☐ Full service completed before departure
- ☐ Tyres inspected with sufficient tread life
- ☐ Brake pads, chain, sprockets and cables checked
- ☐ Battery, lights, horn and charging system tested
- ☐ Toolkit suitable for your motorcycle
- ☐ Puncture repair kit and portable inflator
- ☐ Spare fuses, bulbs, clutch cable and essential fasteners
- ☐ Two motorcycle keys carried separately

03 / PROTECTIVE RIDING GEAR

- ☐ Certified full-face helmet
- ☐ Armoured riding jacket and riding trousers
- ☐ Full-gauntlet riding gloves plus waterproof backup
- ☐ Over-ankle riding boots
- ☐ Rain liner or waterproof outer shell
- ☐ High-visibility layer for poor weather
- ☐ Thermal base layers and warm mid-layer
- ☐ UV-protection sunglasses or clear spare visor

04 / HEALTH AND ALTITUDE

- ☐ Personal prescription medicines with spare supply
- ☐ Basic personal first-aid kit
- ☐ Reusable water bottle or hydration bladder
- ☐ Electrolytes and easy-to-carry energy food
- ☐ Sunscreen and SPF lip protection
- ☐ Allergies or medical conditions disclosed privately
- ☐ No self-medication for altitude without medical advice
- ☐ Sleep, hydrate and avoid alcohol before high-altitude days

05 / LUGGAGE AND ESSENTIALS

- ☐ Luggage secured away from exhaust and wheels
- ☐ Waterproof inner bags or rain covers
- ☐ Compact torch or headlamp
- ☐ Power bank and charging cables
- ☐ Offline maps downloaded
- ☐ Warm cap, neck gaiter and quick-dry clothing
- ☐ Personal toiletries and waste bags
- ☐ Carry only what you can manage yourself

06 / BEFORE DEPARTURE

- ☐ Fuel tank full at the assembly point
- ☐ Emergency contact informed of the broad route
- ☐ Ride briefing attended
- ☐ Group formation and signals understood
- ☐ Weather and road updates reviewed
- ☐ Cash carried for remote areas
- ☐ Ride leader contact saved
- ☐ Rested, sober and ready to ride

SAFETY IS NOT A PACKING ITEM.

A checklist cannot replace training, responsible judgement, a roadworthy motorcycle or professional medical advice. Trip-specific instructions from a ride leader always take priority.