

Below is a list from scratch of everything I'd take on a long tour

Basics

Phone
Wallet
Passport
Garmin
iPod
Camera
Spare Film
Flash
Batteries AA and AAA
First Aid Kit
Suncream
Gels
Oatbars
Water Bottles
Bottle Tabs

Sleeping

Tent
Sleeping Bag
Sleeping Mat
Pillow
Tent Pegs
Tent Poles
Headtorch
Camouflage bike cover

Misc

Small Packable Rucksack
Caravan plug adapter
Notepad
Pen
Earplugs
D - Lock
Cable Lock
Ground Anchors

Cooking

Mess tins
Mug
Primus Stove
Methylated Spirit
Paraffin
Waterproof Matches
Micro Wind Breaker
Lighter
Bottle Opener
Tin Opener
Knife/Fork/Spoon
Cleaning brush
Cleaning wipes
Small Cloth
Teabags
Powdered/Fresh Milk
Sugar
Oats
Dehydrated meals

Electronics

Lightning to USB cable
Spare Phone
"Spare phone" cable
Micro USB Cable
Mini USB cable
iPod USB cable
Bike Charger plus adapters
British Plug adapter
USB Plug
X2 Portable Power Banks

Navigation

Compass
Appropriate maps of the area of travel
Garmin

Tools/Repair Equipment

Chain Lube
Penetrating Oil (for seized up locks, derailleurs etc)
Brasso
Straps (various sized and thickness)
Cable ties
Tyre Patches (various sizes)
Duct Tape
Super Glue
Allen Key set 1.5 to 10mm
Adjustable Spanner
Spanners (common sizes)
Large flathead screwdriver
Small Flathead screwdriver
Large Phillips Screwdriver
Small Phillips Screwdriver
Penknife
Electrical Wire
Soldering Iron
Solder
Patch Glue
Patches
Tyre Levers
Cassette Removal tool
Brake Blocks
Gear Cable
Various Nuts/bolts/washers
Spoke Key
Crank Puller
Crank Bolt
Pliers
Chain Breaker
Scissors
Freehub
Rear Hub Axle
Perforated plates different length and thickness
Hose Clamps
Pump
X2 Tubes
Pannier Hooks
Tent Repair Outfit
Sewing and punch button repair kit

Cleanliness

Body Wash
Hair Conditioner
Nail Brush
Nail Clippers
Moisturiser
Comb
Aftershave
Deodorant
Hair Wax
Toothbrush
Toothpaste
Large Towel
Small Towel

Cycle Clothing

X3 Lightweight summer jerseys
X1 Full Length Winter Jersey
X1 Summer Baselayer
X1 Winter Baselayer
X2 Cycle Shorts
SPD Shoes
X2 Summer Socks
X2 Winter Socks

Casual Clothing

3/4 shorts
lightweight Shorts
Smart Shirt
Trousers
X3 Pairs of Boxer shorts
X2 Casual Tops
Black Converse

Protective Clothing/Kit

Lightweight Packable Jacket
Lightweight packable Waterproof
Large Hooded Waterproof
Waterproof glove covers
Overshoes
Fingerless Mitts
Full finger Mitts
Thick Winter gloves
Helmet
Cycling Glasses
Arm Warmers summer
Arm Warmers Winter