SAMPLE PACKING LIST

Packing List

ESSENTIALS

Item	Quantity	Packed
Maps for devices		☐
Daypack		☐
Passport and drivers licence		☐
Wallet and money		☐
Tickets		☐
Money Belt		☐
Health/Travel insurance card		☐
Emergency contact information		☐
Copies of important documents	3	☐
Accomodation info		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

TOILETRIES

Item	Quantity	Packed	Item	Quantity	Packed
Sun screen		☐	Towel		☐
Pads		☐	Jewlery		☐
Mooncup		☐	Q-tips		☐
Tampons		☐	Routainer		☐
Deodorant		☐	Razor		☐
Shampoo bar		☐	Hairbands		☐
Brush		☐	Sewing kit		☐
Lip balm		☐	First aid kit		☐
Medicines and prescriptions		☐	Lotion		☐
Toothbrush		☐	Nasal spray		☐
Toothpaste		☐	Eye drops		☐
Floss		☐	Mosquito repellent		☐
Nailclippers		☐	Contraceptives		☐
Aloe vera		☐	Contacts/glasses		☐
Inhalers		☐	Ibuprofein		☐
		☐			☐
		☐			☐
		☐			☐
		☐			☐
		☐			☐

CLOTHING

Item	Quantity	Packed	Item	Quantity	Packed
Water resistant jacket		☐	T-shirts	3	☐
Shoes	1	☐	Yoga tanks	2	☐
Flip flops	1	☐	Long-sleeve shirt	1	☐
Gloves		☐	Hat/cap		☐
Warm socks		☐			☐
Underwear	5	☐			☐
Socks	5	☐			☐
Sweater	1	☐			☐
Scarf	1	☐			☐
Swimsuit	1	☐			☐
Long black yoga pants		☐			☐
Yoga pants		☐			☐
Cargo pants		☐			☐
Skirts		☐			☐
Dresses		☐			☐

OTHERS

Item	Quantity	Packed
Water bottle	1	☐
Playing cards		☐
Travel journal		☐
Pens	3	☐
Reusable, resealable bowl		☐
Travel cutlery	3	☐
Spice kit		☐
Combination lock or padlock	1	☐
Snacks		☐
Headlamp		☐
Lighter		☐
Sheet bag		☐
Sunglasses		☐
Mosquito net		☐
Pot		☐
Stove		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

GADGETS

Item	Quantity	Packed
Laptop	1	☐
MP3 Player	1	☐
Cell phone	1	☐
Camera	1	☐
Memory cards	2	☐
Chargers		☐
Portable charger	1	☐
International Adapters		☐
USB stick	1-2	☐
		☐
		☐
		☐
		☐
		☐
		☐

OPTIONAL

Item	Quantity	Packed
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐