

- Packing List for -

Departure date _____

Documents + Transport essentials

- | | | |
|--|--|--|
| <input type="checkbox"/> Passport + Visa | <input type="checkbox"/> Vaccination certificate | <input type="checkbox"/> Snacks / sandwich |
| <input type="checkbox"/> ID card | <input type="checkbox"/> Diving license, sailing license, etc. | <input type="checkbox"/> Small water bottle |
| <input type="checkbox"/> Plane or train ticket | <input type="checkbox"/> Business cards | <input type="checkbox"/> Nasal ointment for dry nose |
| <input type="checkbox"/> Reservation documents (e-ticket, train ticket, hotel reservation) | <input type="checkbox"/> Phone and charger | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> International driver's license | <input type="checkbox"/> Book / Magazine / Kindle / Travel Guide | <input type="checkbox"/> Glasses case |
| <input type="checkbox"/> Health insurance card | <input type="checkbox"/> MP3 player | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Travel insurance | <input type="checkbox"/> Chewing gum | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Credit card | <input type="checkbox"/> Pen + notepad | <input type="checkbox"/> Disposable face mask |
| <input type="checkbox"/> Cash | <input type="checkbox"/> Travel pillow (my favorite) | <input type="checkbox"/> Tissues |
| <input type="checkbox"/> Useful numbers in case of emergency | <input type="checkbox"/> Sleep mask (my favorite) | <input type="checkbox"/> Motion sickness medication |
| <input type="checkbox"/> Itinerary and address of accommodation | <input type="checkbox"/> Earplugs | |

Clothes & Shoes

- | | | |
|--|---|--|
| <input type="checkbox"/> Socks | <input type="checkbox"/> Jeans | <input type="checkbox"/> Buff scarf |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Lightweight pants | <input type="checkbox"/> Comfortable walking shoes |
| <input type="checkbox"/> Tank tops | <input type="checkbox"/> Money belt | <input type="checkbox"/> Shoes for going out |
| <input type="checkbox"/> Skirt | <input type="checkbox"/> Shorts | <input type="checkbox"/> Flip-flops |
| <input type="checkbox"/> Dress | <input type="checkbox"/> Jogging suit | <input type="checkbox"/> Hiking shoes |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Jacket / coat | <input type="checkbox"/> Sandals |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> K-way | <input type="checkbox"/> Water shoes |
| <input type="checkbox"/> Long sleeve shirt | <input type="checkbox"/> Windbreaker | <input type="checkbox"/> Light trekking shoes |
| <input type="checkbox"/> Short sleeve shirt | <input type="checkbox"/> Hat / cap / beanie | <input type="checkbox"/> Crocs |
| <input type="checkbox"/> Polo shirt | <input type="checkbox"/> Scarf / bandana | |
| <input type="checkbox"/> Sweatshirt / pullover | <input type="checkbox"/> Swimsuit | |

Hygiene & Toiletries

- | | | |
|--|--|---|
| <input type="checkbox"/> Microfiber towel (my favorite) | <input type="checkbox"/> Nail clippers | <input type="checkbox"/> Toilet paper roll |
| <input type="checkbox"/> Toilet bag | <input type="checkbox"/> Cotton buds (biodegradable) | <input type="checkbox"/> Perfume |
| <input type="checkbox"/> Portable Travel Bottles (my favorite) | <input type="checkbox"/> Tweezers | <input type="checkbox"/> Makeup ♀ |
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Make-up | <input type="checkbox"/> Contact Lenses |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Contact lens product |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Comb / Hairbrush | <input type="checkbox"/> Pocket mirror |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Razor & shaving foam ♂ | |
| <input type="checkbox"/> Facial cleanser | <input type="checkbox"/> Biodegradable wipes (my favorite) | |

Photo, Video & High Tech

- Camera
- Lens
- Memory card
- Polarizing filters
- ND filter
- Extra battery
- Charger + cable + plug adapter
- Cleaning kit
- External hard drive
- USB key
- Stabilizer
- Drone
- Waterproof phone case
- Flash
- Solar charger
- Gopro
- Waterproof case
- Selfie Pole
- External battery / Powerbank
- Portable speaker
- Ipad / Tablet
- Laptop PC
- External battery
- Headphones / Noise cancelling headphones

Useful accessories

- TSA lock
- Headlamp
- Sleeping bag
- Sheets
- Swiss Army knife
- Travel clothesline
- Powdered or liquid detergent
- Clothes pegs
- Spork
- Ziploc bags
- Lighter
- Folding umbrella
- Toilet paper
- Mosquito repellent
- Mosquito net
- Sunscreen cream
- Aloe vera gel
- Waterproof pouch for smartphone
- For hikers: GPS, map, compass, water bottle
- Walking stick
- Anti-sweat talcum powder
- Beach towel
- Sawyer water filter
- Pills to purify non-drinking water
- Mask, snorkel, fins
- Diving accessories

Medication and first aid kit

- Cotton buds
- Tweezers
- Round-tipped scissors
- Pairs of single-use latex gloves
- Bandages
- Paracetamol or ibuprofen for pain
- Sterile compresses
- Disinfectant spray for wounds
- Physiological saline solution
- Condoms and other contraceptives
- Sterile adhesive skin sutures
- Rehydration solutions
- Water purification tablets
- Water decontamination tablets (Aquatabs or Micropur)
- Medication for altitude
- Medication for sore throat
- Anti-malarial medication
- Survival blanket
- Tick tweezers
- Ointment against itching
- Probiotics for the stomach
- Corticosteroid pills and cream
- Analgesics (painkillers)
- Survival blanket
- Cold medicine
- Biafine
- Broad-spectrum antibiotics
- Anti-diarrhea tablets

Important things to do before you go

- Prepare travel itinerary
- Apply for a visa (if necessary)
- Make your vaccinations (if necessary)
- Check-up at the doctor / dentist
- Take out a travel insurance
- Photocopy or scan important documents (passport)
- Write down e-mail + useful phone numbers in address book
- Warn bank about the trip (if necessary)
- Book accomodation for first night
- Download offline apps and maps for Maps.me
- Download movies offline
- Prepare your favorite music playlist
- Turn off or turn down the heat of your house
- Empty garbage cans
- Water the plants
- Give copy of house/car keys to family member / friend
- Close doors and windows

Don't forget :

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- _____