



Adventure Packing List

Essentials

- ☐ Passport
- ☐ Tickets
- ☐ Visa/s
- ☐ Trip itinerary
- ☐ Booking confirmations
- ☐ Money
- ☐ Debit card
- ☐ Credit cards
- ☐ Vaccination certificates/stamps
- ☐ Travel insurance
- ☐ Emergency contacts
- ☐ National embassy details
- ☐ Backup copies of passport, credit cards, travel documents
- ☐ Spare passport photos

Luggage

- ☐ Backpack/duffel bag
- ☐ Day pack
- ☐ Money belt
- ☐ Purse/wallet
- ☐ Waterproof document wallet
- ☐ Packing cubes
- ☐ Laundry bag
- ☐ Toiletry bag
- ☐ Luggage tags
- ☐ Luggage locks

Travel Gear

- ☐ Sports activity equipment, e.g. helmets, hiking poles, etc.
- ☐ Sleeping bag & liner
- ☐ Travel pillow
- ☐ Pillow cases (x 2)
- ☐ Mosquito net
- ☐ Tent
- ☐ Roll up mattress
- ☐ Ground mat
- ☐ Head lamp
- ☐ Torch & batteries
- ☐ Water bottle
- ☐ Travel mug
- ☐ Quick dry towel
- ☐ Travel mirror
- ☐ Tupperware
- ☐ Bottle opener
- ☐ Multi-tool

Footware

- ☐ Hiking boots
- ☐ Trainers
- ☐ Flip Flops
- ☐ Sandals

Clothing

- ☐ Warm fleece/jacket
- ☐ Light waterproof rain jacket
- ☐ Hoodie/sweater
- ☐ Hiking pants with zips
- ☐ Leggings/jogging pants
- ☐ Shorts
- ☐ Long sleeved sun/bug resistant shirt
- ☐ T-shirts
- ☐ Pyjamas
- ☐ Underwear
- ☐ Socks
- ☐ Swimsuit
- ☐ Sun hat
- ☐ Beanie
- ☐ Gloves
- ☐ Thermals
- ☐ Bandana
- ☐ Scarf
- ☐ Sarong

Personal Care

- ☐ Wash bag:
 - shampoo
 - conditioner
 - toothbrush
 - toothpaste
 - shower gel
 - deodorant
 - face wash
 - moisturiser
- ☐ Hairbrush
- ☐ Hair bands
- ☐ Nail clippers
- ☐ Tweezers

- ☐ Razor
- ☐ Tissues
- ☐ Wet Wipes
- ☐ Cotton buds
- ☐ Small scissors
- ☐ Lip balm
- ☐ Hand sanitiser
- ☐ Toilet paper
- ☐ Sanitary products
- ☐ Sleeping mask
- ☐ Ear plugs
- ☐ Cosmetics

Health

- ☐ First aid kit:
 - pain relief
 - anti-histamines
 - anti inflammatories
 - antidiarrheal tablets
 - antiseptic cream
 - rehydration salts
 - bandage
 - plasters
 - eye drops
- ☐ Prescription medication
- ☐ Anti-malarial tablets
- ☐ Insect repellent (50% deet)
- ☐ Sunscreen
- ☐ Contact lenses & solution
- ☐ Prescription glasses
- ☐ Sunglasses & strap
- ☐ Supplements
- ☐ Contraception

Electronics

- ☐ Travel adapter
- ☐ Phone & charger
- ☐ Camera & case
- ☐ Video camera
- ☐ Go Pro
- ☐ Tablet
- ☐ Laptop
- ☐ SIM cards
- ☐ Powerbank
- ☐ Headphones
- ☐ Music speaker
- ☐ Extra batteries

Extras

- ☐ Sewing kit
- ☐ Laundry detergent sachets
- ☐ Washing line
- ☐ Pegs
- ☐ Fixing tape
- ☐ Book/travel guide
- ☐ Notepad
- ☐ Journal
- ☐ Pens
- ☐ Tea & Coffee
- ☐ Food Snacks