

Packing Check List

(no camping or other gear intensive activities included!)

provided by www.thedaytravels.com

Type	Item	Notes	Preferred placement on the Plane
Luggage	Backpack		Hold luggage
	Daypack		Cabin luggage
Clothing	Underwear	Maximum 4	Backpack
	Long underwear	1 – weather-dependent	Backpack
	Beanie & gloves	1 – weather-dependent	Backpack
	Socks	Maximum 4 pairs	Backpack
	Jacket (packable)	1 – weather-dependent	Body
	T-shirts	Maximum 4	Backpack
	Sleeveless shirts	2 – weather-dependent	Backpack
	Long sleeve/sweater	1 – weather-dependent	Body
	Long trekking pants	1	Backpack
	Long sports trousers	Only if you like them as much as I do; (check my photo of the monument valley (USA) ;) also comfortable on flights	Body
	Jeans	1 – only if you plan to go out at night in cooler places	Backpack
	Belt	Belts with a hidden inside zip for money are very functional	Backpack
	Shorts	1 – weather-dependent	Backpack
	Swim shorts	1 – weather-dependent	Backpack
	Flip flops	1 pair – weather-dependent	Backpack
	Rain poncho	Big and wide to completely cover you up during rain	Backpack
	Trekking boots	Only if you plan challenging trekking or stays in muddy areas (e.g. rainforest)	Backpack
	(Dark) sports shoes	Daily footwear, also for going out	Body
	Hat/sap	Don't underestimate the sun	Body/Backpack
	Sunglasses	Don't underestimate the sun	Daypack
	Big plastic bag	For dirty clothes	Backpack
	Rope	For drying clothes	Backpack
	Scarf	If you are sensitive to icy cold AC	Backpack
Camera Gear	Camera(s) (& charger)		Daypack
	Batteries		Daypack
	Camera bag(s)		Daypack
	Memory cards		Daypack
	Additional required stuff e.g. travel tripod, underwater cases, lenses...	Only for more ambitious shots	Daypack
Other Electronic Devices	Power bank (& Charger)		Daypack
	Phone (& Charger)		Daypack
	Headphones		Daypack
	Universal adaptor		Backpack
	Headlamp (& Batteries)		Backpack
Administrative	Wallet	At a safe place	Daypack
	Cheap throw-away wallet	At places commonly focused on by pickpockets	Backpack
	Passport (& visa)	Some countries require a visa you need to apply for in advance (at the embassy)	Daypack
	Flight tickets	Usually electronic data nowadays	Wallet
	Credit card	Visa is accepted at more places than MasterCard	Wallet
	Some extra money	20-30 euros should be enough	Wallet
	Travel Insurance Documents		Daypack

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	International driver's license	Only if you plan to rent a car or motorbike	Wallet
	Scuba dive certification	Only if you plan to dive	Wallet
	Photocopies of all documents	Furthermore you should scan all your documents and upload them to the www (e.g. your own email account) so you have access to them (almost) always	Backpack
	Isic student card	Sometimes it still works ;)	Wallet
Sleeping	Sleeping bag inlay	In hostels they usually provide a blanket and in the tropics it's often too warm so I only bring a very thin and light inlay instead of a big sleeping bag (also for hygienic reasons).	Backpack
	Inflatable travel pillow	Also comfortable on flights	Daypack
	Earplugs	Very important!	Daypack
	Eye patches		Daypack
	Mosquito net	They are usually provided but in very remote or run-down tropical places it could be advantageous to bring one (also bring a little hook that can be screwed into a wooden ceiling)	Backpack
Misc.	Towel	1	Backpack
	Pen and paper	To draw pictures with local kids :)	Daypack
	Backpack rain protection (plastic cover)		Backpack
	Travel lock (& small locks for your backpack)	Many hostels provide lockers but you need to bring your own lock	Backpack
	Army knife	Don't open your beer with your teeth	Backpack!!!
	Guide book	Provides lots of helpful information about your travel destination including danger & annoyances, important phone numbers & addresses, basic vocabulary and so on.	Daypack
	Adhesive tape	To fix things such as a broken mosquito net	Backpack
	Chewing gum	Fresh breath after overnight flights	Daypack
	Detergent in travel size	German "Rei in der Tube"	Backpack
	Bug spray	For countries with tropic climate or lots of inland waters (e.g. Scandinavia during the summer months). I use NoBite (1 for clothes, 1 for skin)	Backpack
	Hand sanitizer	Lowers the risk of bacterial infections	Backpack
	Playing cards		Daypack
	Mask/snorkel	Depends on destination	Backpack
	Condoms	Safety first	Backpack
Toiletries	Hanging Toilet bag		Backpack
	Toothbrush/-paste	1	Backpack
	Deodorant	1	Backpack
	Shower gel/Shampoo	1	Backpack
	Razor/shaving cream	1	Backpack
	Hair gel	1	Backpack
	Sunscreen	1	Backpack
	Toilet paper	1 roll - easily turns out to be most important ;)	Backpack
Medicines	For diarrhea	e.g. "Tannacomp" which kills the bacteria instead of only stopping excretion	Backpack
	Painkillers (e.g. for headaches)	Especially after drinking nights	Backpack
	For sinusitis	If you often have trouble with that stuff	Backpack
	Iodine ointment	For the treatment of open wounds	Backpack
	Plasters/bandages		Backpack
	Wound disinfection spray		Backpack
	Blister pads	If you get blisters easily or have new/rented shoes	Backpack