

# Packing checklist

## Essential Items

- Tickets, passport, money
- YHA membership card
- Sleeping sheet (like a sleeping bag, but made of cotton or silk)
- Photocopy of passport, airline ticket, travel insurance policy, travellers cheques, birth certificate/marriage certificate
- Money belt/money pouch
- Camera
- Swiss army knife (pack in your luggage to check in - not hand luggage)
- Sunglasses
- Small flashlight
- Sewing kit
- Washing powder
- Pegless clothesline
- Space bags for dirty clothes
- Travel alarm/clock
- Travel diary and address book
- Adaptor plugs
- First aid kit
- Prescriptions
- Sunscreen
- Toiletries
- Daypack
- Umbrella
- Guide book
- Water bottle

- Padlocks
- iPod or MP3
- Ziplock plastic bags
- Sense of adventure

If you are travelling to destinations with extremes of temperature, then adjust this sample packing list accordingly.

### **Clothes**

- 1 pair of walking boots
- 1 pair of waterproof sandals/thongs
- 1 towel
- 3-5 pairs of socks
- 3-5 sets of underwear
- 1 pair thermal leggings and a thermal skivvy
- 1 polar fleece jacket
- 1 rainproof/windproof jacket
- 1 pair of zip and go pants (then you don't need shorts)
- 1 belt
- 2 t-shirts or short sleeve shirts
- 1 long sleeve shirt
- 1 swimsuit
- 1 sun hat/cap
- 1 sarong

Try to travel lightly - there's nothing worse than carrying around too much luggage that you never seem to use and end up sending home.

A limited wardrobe can work well especially if you take multi-functional clothing which means you have a greater combination of clothes and less individual items.

Select drip-dry fabrics (which are easy to wash and dry quickly) in colours that you can mix and match.