

# UNIVERSAL PACKING LIST



## ALL YOU MIGHT EVER NEED FOR ANY ADVENTURE

This exhaustive list will ensure you don't miss key items, but is just a prompt - you will definitely not need everything shown below! Use this list in conjunction with your Trip Notes (essential equipment section) to ensure you have no more and no less than you need for your holiday.

### GENERAL

#### Luggage

- ☐ Kitbag, hold-all or suitcase ☐
- ☐ Daypack
- ☐ Stuff sacks
- ☐ Waterproof liner for kitbag or rucksack
- ☐ Padlocks
- ☐ Luggage labels or ID tags

#### Gadgets

- ☐ Mobile phone & charger
- ☐ Universal travel plug adapter ☐
- ☐ MP3 player or iPod
- ☐ Binoculars
- ☐ GPS

#### Photography

- ☐ Camera & lenses
- ☐ Memory cards
- ☐ Spare batteries & charger

#### Documents

- ☐ Document wallet or moneybelt
- ☐ Passports (and visas) ☐
- ☐ Vaccination certificates
- ☐ Travel Insurance documents
- ☐ Local currency or hard currency ☐
- ☐ Cashcards
- ☐ e-ticket or flight details
- ☐ Map, guidebook & novel ☐
- ☐ Notebook & pen

#### Sleeping

- ☐ Cotton sleeping bag liner
- ☐ Mosquito net
- ☐ Alarm clock
- ☐ Ear plugs
- ☐ Pyjamas

#### Clothing

- ☐ Waterproof or windproof jacket
- ☐ Trousers
- ☐ Shorts / skirts
- ☐ T-shirts
- ☐ Shirts / blouse
- ☐ Fleece
- ☐ Underwear & socks
- ☐ Waterproof jacket
- ☐ Swimwear
- ☐ Sunglasses
- ☐ Sunhat

#### Shoes

- ☐ Walking boots
- ☐ Trainers or walking shoes
- ☐ Sandals
- ☐ Evening shoes

#### Bathroom & Hygiene

- ☐ Washbag
- ☐ Toothbrush & toothpaste ☐
- ☐ Shampoo
- ☐ Soap or shower gel
- ☐ Razor & shaving cream
- ☐ Sanitary protection
- ☐ Contact lenses & solution ☐
- ☐ Moisturiser
- ☐ Travel towel
- ☐ Antiseptic hand-gel

#### Health & Medical

- ☐ Water bottles
- ☐ Small first aid kit
- ☐ Painkillers, cold & flu medicine
- ☐ Immodium & rehydration salts
- ☐ Personal medication
- ☐ Insect repellent
- ☐ Malaria Tablets
- ☐ Sun screen & lip balm
- ☐ Antiseptic wipes

### TREKKING, WINTER & POLAR

#### Trekking Clothing

- See General, plus...
- ☐ Down jacket
- ☐ Waterproof jacket
- ☐ Waterproof trousers & gaiters ☐
- ☐ Breathable wicking layers ☐
- ☐ Thermal underwear
- ☐ Walking socks
- ☐ Walking boots
- ☐ Warm hat
- ☐ Gloves or mittens

#### Trekking Kit

- ☐ Waterproof rucksack cover ☐
- ☐ Map & compass
- ☐ Walking poles ☐
- ☐ Water bottles or

hydration system

- ☐ 'Leave at base' bag

#### Health & Medical

- See General, plus...
- ☐ First aid kit
- ☐ Blister kit
- ☐ Antibiotics
- ☐ Water purification ☐
- ☐ Energy bars & snacks

### CAMPING

#### Sleeping

- See General, plus...
- ☐ Sleeping bag
- ☐ Travel pillow or pillowcase ☐
- ☐ Thermarest or sleeping mat ☐
- ☐ Head torch & batteries

#### Bathroom & Hygiene

- See General, plus...
- ☐ Bio-degradable soaps
- ☐ Washing line
- ☐ Sewing kit
- ☐ Wet wipes
- ☐ Toilet paper

### CYCLING

#### Personal Clothing & Kit

- ☐ Cycling helmet
- ☐ Cycling gloves
- ☐ Cycling shorts
- ☐ (padded) ☐ Cycling shoes
- ☐ Sunglasses or eye protection
- ☐ Water bottles or hydration system
- ☐ Small backpack or bum bag

#### Bike kit

- ☐ Mini pump & tyre levers ☐
- ☐ SPD pedals & shoes
- ☐ Own saddle or gel saddle cover
- ☐ Speedometer

### MY NOTES

#### To buy

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#### To borrow

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#### Hand luggage

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#### Last minute packing

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