



# YOUR PACKING CHECK LIST

## Packing Check List

This is a full list covering the entire world – please delete as applicable – eg. If you're not going anywhere cold, you won't need any thermals.

Day	
	Backpack
	Day pack

First Aid	
	Medical kit
	Sterile kit
	Dental kit

Suggested additions to medical kit:	
	Sachets of re-hydrate
	Wound closure strips
	Paracetamol
	Antibiotic cream
	Anti-diarrhoea medicine
	Anti-fungal foot powder
	Motion sickness medication
	Throat lozenges
	Vitamins
	Sharp ended tweezers
	Medic Alert identification
	Pointed scissors
	Water purification tablets
	Thermometer

Night	
	Sleeping bag
	Sleeping sheet

Equipment	
	iPod / MP3 / CD Player
	Camera (digital)
	Film (if non digital)
	Mobile phone
	Charging units
	Travel adapter

Security	
	Personal alarm
	Money belt
	Combination padlocks
	Wrapsafe

Money / Finances	
	Pre-paid card (BackpackerMoney)
	Travellers Cheques

Washbag	
	Washbag (with hook)
	Travel towel
	Tooth brush guard
	Universal sink plug
	Peg free clothes line
	Travel wash (for clothes)
	Travel toothbrush
	Toothpaste
	Suncream (once a day)
	Shampoo
	(Conditioner)
	Shaving stuff
	Sewing Kit
	Ear plugs
	Contraception
	Tissues (big box)
	Lip balm
	Safety pins
	Flannel
	Female sanitary
	Brush or comb
	Deodorant
	Condoms
	Toilet paper
	Wet wipes
	Dental floss
	Moisturiser
	Nail clippers

Bite avoidance	
	*Mosquito net
	Bite clicker
	DEET repellent
	Electronic repellent

Useful gadgets	
	Penknife
	Small Maglite torch
	LED
	Head torch
	Spare batteries
	Knife/fork/spoon set
	Eye shade
	Inflatable neck pillow
	Compass

Clothes	
	Lightweight long sleeved shirt (hemp?)
	Travel trousers
	Moisture management shirt
	Sun hat / cap
	Travel sandals
	Trekking shoes
	Mac-in-a-sac
	Poncho
	Underwear
	Shorts
	Belt
	T Shirts
	Swimming 'things'
	Cotton shirts
	Jeans
	Long sleeved T Shirts
	Sweater
	Sarong

Female...	
	Going out stuff
	Smart work clothes
	Smart shoes / sandals
	Sarong / wrap

Male...	
	Smart work clothes
	Smart going out stuff
	Girlfriend? / Mum?

Cold...	
	Woolly hat
	Scarf and gloves
	Thermal underwear (+ long johns – superb!)

Paperwork	
	Books
	Phrasebook
	Address book
	Telephone card
	Job reference letter
	Family / home life photos
	Diary (fill in birthdays / and important dates)

Other useful items	
	Re-sealable bags
	Large black bin bag
	A ball of string
	Balloons + pens (for kids you meet)

General	
Make a list of the following and photocopies of each to your parents and a trusted mate. Ask them to put them in a safe place in case you need to contact them. Also take a set with you.	
	Drivers licence
	Embassy Addresses
	Serial number of tickets
	International Drivers Licence
	Glasses/contact lens prescription
	Passport number and date issued
	Serial numbers of travellers cheques
	Serial numbers on valuables e.g. cameras
	Youth Hostel card / other membership
	All insurance details & emergency contacts
Credit card numbers <b>(Do <u>not</u> take copies with you!)</b>	
Emergency numbers to contact <b>(Do take copies with you)</b>	
	Emergency Numbers
	'Car Breakdown Club' card

Essentials	
	Passport
	Flight tickets
	Bus / coach tickets / passes
	Visas
	Immunisation record
	Travel Insurance
	Diary
	Address Book
	All emergency numbers
	Passport photos (min of six)
	Pens
	Glasses/contact lenses (+ spares?)
	Prescriptions
	Medications
	Photocopies of documents
	Sunglasses
	Identity cards (student + other)
	Discount cards (WorldTravelCard.com)

Buy all the travel kit you need at

**gapyearshop.com**

