

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

<h4>To buy</h4> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<h4>Hand luggage</h4> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<h4>To borrow</h4> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<h4>Last minute packing</h4> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>