



THE ULTIMATE

PACKING LIST

FOR YOUR TRAVEL
ADVENTURES ABROAD

DOWNLOAD ME &
BRING ME WITH YOU

Travel Packing List

DOWNLOAD ME & TAKE ME WITH YOU

Clothing

- 4 Light-weight t-shirts and tank tops
- 3 Light-weight long sleeve shirts
- 1 Light-weight sweatshirt
- 1 Light-weight windbreaker
- 1 Warm winter jacket
- 10 Sweat-proof socks [Athletic & Wool]
- 12 Comfortable seamless underwear
- 2 Supportive and comfortable bras [ladies... or men?]
- 3 Pairs of black leggings and running pants
- 1 Pair of nice jeans
- 3 Pairs of comfortable shorts [1 Khaki, 1 Jean, 1 Dress Short]
- 1 Casual/fancy dress [Can be worn on the beach or to a fancy dinner]
- 1 Swimsuit (that will work even when cliff jumping)
- 1 Pair of long pant pajamas
- 1 Pair of cooler pajamas
- 1 Pair of small Mittens



Shoes

- 1 Pair of comfortable nice sandals/flip flops
- 1 Pair of hiking boots/running shoes



Electronics

- Camera & charger
- GoPro & charger
- Mobile phone [with alarm clock, currency converter/calculator, music] & charger
- iPad & Camera Connection Kit & charger
- Tripod
- iPod, headphones & Charger
- Country plug adapters (don't be cheap, buy a high-quality adapter from a company like Zendure or you'll be buying a number of adapters along the way)

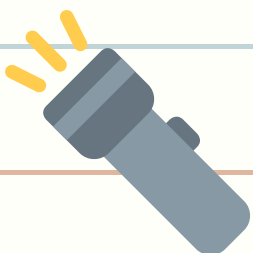
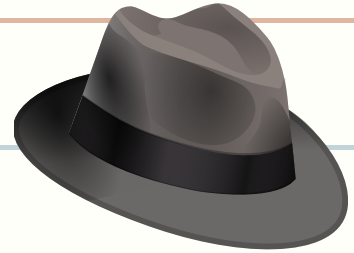
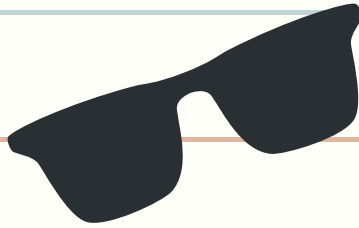
Important Documents

- Passport
- Health card
- Cash in currency of country
- Credit card [VISA & MasterCard to be safe]
- Issued visa [if required]
- Medical Immunizations Record
- A photocopied document of all your personal identification cards
- Emergency Contact Information
- Insurance Policy information
- Flight details
- Guidebook [or e-book to save space]
- Passport and documents holder



Accessories

- Baseball cap
- Sunglasses
- Flashlight
- Hostel cotton sheet
- Small durable sleeping sac
- Money pouch
- Eye mask
- Ear plugs
- Pen & paper
- Protein bars
- A travelers towel [small and microfiber]
- A scarf or sarong that can be used for multi-purpose
- Travel Umbrella
- Backpackers backpack
- An easily fold up day pack
- A travelers knife/fork/spoon combination
- A Swiss Army knife



Medicines/Liquids/Cleansing Products

- First Aid Medical Kit [small enough to fit in a daypack]
- Small bottle of mosquito repellent
- Small bottle of Aloe Vera
- Small bottle of 30+ SPF sunscreen
- 2-in-1 shampoo/conditioner [to save space while traveling]
- 1 Bottle of ibuprofen
- 1 Bottle of Gravol
- 1 Bottle of Immodium
- Water tablets
- 1 travel size toilet paper roll or napkins
- 1 good quality razor
- Menstrual cup [for women - it's easier and more sustainable - no more tampons ladies!]
- A toothbrush
- 1 Stick of deodorant
- 1 Bar of Dove soap
- 1 Fluffy sponge
- 1 Bar of clothing soap
- 1 Bottle of toothpaste
- Makeup: Vaseline [serves many purposes - I use it for my lips], 1 tube of mascara and 1 tube of cover-up

