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| **DOCUMENTS** |
| Passport + visa |
| Yellow fever vaccine certificate |
| Guidebooks |
| Maps |
| Flight tickets |
| Money / credit cards / travellers cheques |
| Hotel vouchers |
| Car rental voucher + driving license |
| Other travel documents |
| **GEAR** |
| Multi-use tool |
| Can opener |
| Bottle opener / corkscrew |
| Knife |
| Duct tape |
| Rope / wire |
| Velcro |
| Scissors |
| Compass |
| Binoculars |
| Flashlight + batteries |
| Head lamp + batteries |
| Glow sticks |
| Electric insecticide + refills |
| Piece of hose |
| Adaptor plug |
| Spare locks for bags |
| Matches / lighter |
| **ELECTRONICS** |
| Cell phone + charger (incl. for car) |
| GPS + charger / batteries (incl. for car) |
| Laptop / tablet + charger |
| **PHOTO & VIDEO** |
| Photo camera + charger |
| Lenses |
| Bean bag |
| Window support / tripod / monopod |
| Shutter release |
| Camcorder + charger |
| Memory cards / tapes |
| **ACCESSORIES** |
| Sunglasses |
| Bandana |
| Hat / cap |
| Travel blanket |
| Old sheet |
| Spare glasses |
| Laundry bags |
| Contact lenses + solutions |
| Sewing kit |
| **DRUGSTORE** |
| Sunscreen |
| Aftersun lotion |
| Mosquito repellent |
| Tissues |
| Wet wipes |
| Laundry soap |
| Clothespins |
| Zip plastic bags |
| **MEDICINES** |
| Thermometer |
| Betadine |
| Augmentin (antibiotic) |
| Paracetamol (analgesic) |
| Hydrogen peroxide |
| Alcohol |
| Bandages / Plaster / Gauze |
| Compeed / Anti-blister |
| Cotton |
| Cotton swabs |
| Saline solution |
| Ibuprofen |
| Aspirin |
| Antacid |
| Antidiarrheal |
| After Bite / Insect bite remedy |
| Malaria pills |
| Burn cream |
| **CLOTHES & SHOES** |
| Underwear |
| Thermal underwear |
| Socks |
| Boots |
| Shoes |
| Flip-flops |
| Trousers / pants |
| Shorts |
| Belts |
| Skirts |
| Shirts |
| T-shirts |
| Tops |
| Sweaters |
| Thermal sweaters |
| Jacket |
| Waterproof jacket |
| Bathing suit |
| **TOILETRIES** |
| Toothbrush |
| Toothpaste |
| Bath gel |
| Shampoo |
| Bath sponge |
| Body milk |
| Hand cream |
| Lip balm |
| Comb |
| Hair brush |
| Hair drier |
| Deodorant |
| Cosmetics |
| Razor |
| Shaving cream / foam |
| Aftershave |
| Depilatory cream / wax |
| Sanitary towels / tampons |
| Nail scissors |
| **OTHERS** |
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