|  |
| --- |
| **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** |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |
| [ ]  |