



THE ESSENTIAL TRAVEL PACKING CHECKLIST

ESSENTIALS

- Visa
- Passport
- Credit Cards
- Mobile Phone
- Backpack / Suitcase
- Daypack / Carry-on Bag
- Packing Cubes

COSMETICS

- (Hanging) Toiletry Bag
- Toothbrush
- Toothpaste
- Travel Towel
- Shampoo, Conditioner & Body Wash
- Deodorant
- Brush or Comb
- Lipbalm
- Moisturizer
- Sunscreen
- Lotions / Creams / Ointments
- Cotton Swabs
- Tweezers
- Razor
- Nail File / Scissors / Nail Clipper
- Hair Ties & Hair Styling Products
- Travel Hairdryer
- Make-up and Make-up Remover
- Mooncup / Tampons
- Contraceptives
- Medication
- Tissues / Wet Wipes
- Mosquito Repellent

CLOTHING (FOLLOW THE 5 DAYS RULE)

- Functional Jacket / Raincoat / Outerwear
- Warm Hoodie / Fleece Jacket
- Long Trousers / Jeans
- Comfortable Clothing (Sport, Travel)
- Tops & Shirts
- Shorts / Skirts
- Dressier Clothes (1 Set)
- Comfortable Walking Shoes (e.g. Sneakers)
- Slippers / Flipflops
- Hiking Boots
- Underwear
- Socks (thin, warm, for hiking)
- Pyjamas
- Swimwear
- Accessories
- Hat or Cap
- Winter Wear (Gloves, Scarf, Hat)

ELECTRONICS

- Charging Cables
- International Travel Adapter
- Camera & Gear
- Headphones

OTHERS

- Sunglasses
- Glasses / Contact Lenses
- Travel Gear: Pillow, Earplugs, Sleeping Mask
- 2 Cable Ties (to fix nearly everything)
- Thin Rope (multi-use, e.g. clothes line)
- Backpack Protection & Rain Cover