

ULTIMATE PACKING LIST

1 PAPERWORK

- ☐ Passport
- ☐ Emergency-Cash
- ☐ Credit Card
- ☐ Backup Credit Card
- ☐ Travel Insurance
- ☐ Vaccination Certificates
- ☐ Flight Ticket on your Phone
- ☐ Hotel booking
- ☐ Copies of all Paperwork (online!)



2 TECH

- ☐ Phone + Charger
- ☐ Headphones
- ☐ Travel adapter
- ☐ eBook-Reader + Charger
- ☐ Camera + Charger
- ☐ Memory Cards
- ☐ Powerbank
- ☐ Laptop



3 CLOTHES

- ☐ 1-2 long pants
- ☐ 1 Hoodie
- ☐ 7 shirts
- ☐ 10 underpants
- ☐ 2 bras & 1 sports bra
- ☐ 7 pairs of socks
- ☐ 1 swimsuit
- ☐ 1 spots outfit
- ☐ 1 long sleeve shirt
- ☐ Rainjacket
- ☐ 1 pyjama
- ☐ 2 shorts or dresses
- ☐ 1 jacket
- ☐ Trainers
- ☐ FlipFlops
- ☐ Hiking boots



4 HYGENE

- ☐ Toothbrush & toothpaste
- ☐ Dental floss
- ☐ Shampoo & Conditioner
- ☐ Brush
- ☐ Nail scissors
- ☐ Nail file
- ☐ Tweezers
- ☐ Nail polish & -remover
- ☐ Sun cream
- ☐ Bodylotion
- ☐ Moisturizer
- ☐ Lip balm
- ☐ Razor & blades & foam
- ☐ Deo
- ☐ Makeup remover
- ☐ Tissues
- ☐ Make Up
- ☐ Hair ties
- ☐ Period panties or tampons



5 FARMACY

- ☐ Earplugs
- ☐ Painkillers
- ☐ Aspirin
- ☐ Travel sickness tablets
- ☐ Travel chewing gum
- ☐ Immodium Akkut
- ☐ Electrolyte powder
- ☐ Charcoal tablets
- ☐ Disinfectant
- ☐ Tablets for sore throat
- ☐ Malaria prophylaxis
- ☐ Bandages
- ☐ Plasters
- ☐ Blister plasters
- ☐ Fenistil gel or
- ☐ Bite healer
- ☐ Broad-spectrum antibiotics
- ☐ Thermometer



6 OTHERS

- ☐ Laundry bag
- ☐ Clothesline
- ☐ Travel towels
- ☐ Combination lock (hostel)
- ☐ Shopping bag
- ☐ Handbag/hip bag
- ☐ Sunglasses
- ☐ Insect spray
- ☐ Pocket knife
- ☐ Daypack
- ☐ Travel cutlery
- ☐ FFP2 masks
- ☐ Travel detergent

