

The Backpacker's Really Useful Packing List !

Essentials			
x	Passport		Pegfree washing line
	Visas		Toothpaste and brush
	Immunisation record		Sun cream
	Travel tickets		Shampoo
	Insurance		Shaving equipment
	Travellers cheques		Toiletries
	All emergency numbers		Sleeping bag
	Photocopies of documents		Sleeping sheet
	Student identity cards		Mosquito net (impregnated)
	Guide books		Sewing kit
	Diary		Casual clothes
	Pens		Smart clothes
	Glasses / contact lenses		Poncho
	Spare eye glasses		Watch
	Sunglasses		Travel Alarm clock
	Money belt		Flashlight
	Combination padlocks		Candles
	Chain – link, bike or wire		Swiss army knife
	Passport photos (minimum of 6)		Universal sink plug
	Prescriptions		Camera
	Medical kit (see below)		Film
	Medications		Spare batteries
	Personal safety alarm		Whistle
	Adapter plugs		Walkman or CD player
Toiletries			
	Ear plugs		Condoms and contraception
	Tissues		Sun cream
	Shampoo		Lip balm
	Conditioner		Insect repellent
	Safety pins		Brush or comb
	Tampons		Deodorant
	Sanitary towels		Toothbrush and toothpaste
	Flannel		Toilet paper
	Shaving equipment		Dental floss
	Wet wipes		Travel wash
	Moisturiser		Nail clippers
Medical kit etc			
	First aid kit		Medic Alert ID if necessary
	Medical sterile kit		Water purification tablets
	Rehydration solutions / spoon		Adhesive bandages
	Anti-diarrhoea medication		Antibiotic cream
	Motion sickness medication		Anti fungal foot powder
	Vitamins		Throat lozenges
	Analgesia e.g paracetamol		Thermometer
	Anti inflammatory e.g. ibuprofen		Scissors /tweezers

Clothes	
Underwear	Belt
Shorts	Swimming clothes
T shirts – long/short sleeves	Jumper / fleece
Cotton shirts – long/short sleeves	Sun hat
Jeans	For a cold climate
Shoes / sandals	Woolly hat
Skirt	Scarf and gloves
Light waterproof top	Thermal underwear
Paperwork	
Books	Phrasebook
Address book	Telephone
Job reference	Family / home life photos
Other useful items	
Re-sealable bags	Large black bin bag
A ball of string	Knife/fork/spoon
Eye shade	Inflatable neck pillow
Head torch	Compass

Make a list of the following and get 4 photocopies of each

1. One for your backpack
2. One for your day bag
3. One to give to your parents / relatives
4. One to give to a trusted friend

Drivers licence
Embassy addresses
Serial number of tickets
International drivers licence
Glasses / contact lens prescription
Passport number and date issued
Serial numbers of travellers cheques
Serial numbers of valuables e.g. camera
International Youth Hostel (and other) membership
All insurance details and any emergency contact numbers
Credit card numbers and emergency number to report theft
Car breakdown club card

This information was adapted from the excellent gap year website

www.gapyear.com

Another idea suggested (in the British Medical Journal) is to obtain an internet based e mail address, scan in the documents and send them to your account so that you could download and print them off if the need arises when abroad.