

Should Take

Should Take Clothing

- 3-7 t-shirts/ tops** - more t-shirts mean less washing - in the tropics they smell bad pretty quickly - but remember the extra weight.
- 1-3 shorts/ skirts** - depending on climate of your destinations.
- Underwear and Socks** - if you think you will be wearing flip flops all the time, take less socks.
- Swimwear.**
- Microfibre travel towel.** - perfect for backpackers. They fold up into virtually nothing, weigh very little and dry super quick.
- Travel trousers.**
- 1-3 jumpers/ sweaters** - depending on climate of your destinations (maybe a fleece for some of the colder places).
- Flip Flops**
- Everyday shoes, trainers or walking boots.**
- Sunglasses.**
- Hat** - Sun or Woolly hat depending on where you are going.
- Lightweight rainjacket.** (ideally a mac in a pack)

Should Take Toiletries

- Travel Grooming Set** i.e. nail clippers, scissors, tweezers, mirror, file.
- Suncream.**
- Shaving gear.**
- Body Wash.**
- Shampoo and Conditioner.**
- Deodorant.**
- Manual toothbrush.**
- Toothpaste.**

Should Take Items

- Mobile Phone.**
- Wallet/ Purse** - containing local currency, home credit/ debit card, prepaid currency card, ID.
- Camera** - read here for more about [cameras](#).
- Chargers** (Camera, Phone, Laptop, Appliances).
- Worldwide Power Adapter.**

- Watch** - You constantly need to know the time. A cheap, rugged watch saves you taking your valuable, breakable phone out of your pocket all the time.
- Earphones** - don't take headphones.
- Water Bottle** - no need to buy a specialist bottle you may lose, just buy a bottle of Evian with a sports cap and refill it.
- Notepad** - for writing down addresses, travel ideas, etc.
- Pens.**
- USB Stick/ Hard Drive** - with documentation backup on (good for backing up photos/ storing movies too).
- EARPLUGS!** - I can't sleep in hostels without them.
- Small Torch** - great for using in dorms after dark without annoying everyone else.
- Locks** - avoid locks with a key (which can be lost easily - one guy I met locked his key in a locker), go for the ones with a number combination.
- Travel Wash** - for when you need to quickly wash a pair of socks or get out a stain.

Should Take Medical

- First Aid Kit** - should contain at least plasters, bandages, sterile kit, burn treatment, eye wash, wound closure strips, insect bite spray.
- Paracetamol, Aspirin or Ibuprofen.**

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- Diarrhoea tablets.**
- Anti-septic cream.**

Should Take Documentation

- Document Wallet/ Folder.**
- Passport.**
- Insurance Paperwork.**
- Tickets** (flights, buses, tours).
- Visa Paperwork.**
- Emergency numbers.**
- Embassy Addresses.**
- Immunisation record.**
- Photocopies of documents** - give one set to your parents or close friend and take another set with you - [check here](#) to confirm which documentation needs photocopying.

Can Take

Can Take Clothing

- Jeans** - do not take if only going to hot countries.
- Belt.**
- Long sleeved shirts.**
- Smart shoes.**
- Sarong.**

Can Take Toiletries

- Hair products/ Brush.**
- After sun lotion.**
- Wet wipes.**
- Dental floss.**
- Moisturiser.**
- Multi vitamin tablets.**
- Vaseline.**
- Cologne/ Perfume** (transfer to a plastic bottle).

- Makeup** - can be the difference between 0 and 2kgs for some girls.
- Shower puff/ sponge.**
- Hand Sanitiser.**
- Lip Balm.**
- Tissues.**
- Contraception/ Condoms.**

Can Take Items

- Sleeping bag liner/ Sheet** - if you think you may be staying in some grubby hostels.
- Travel Pillow.**
- Travel Hair Dryer (or other appliances)** - tend to break easily and take up a lot of space.
- Backpack rain cover** - or just run to shelter.
- Rehydration tablets** - not needed if you drink plenty of water.
- Tupperware** - bulky, but can help you save you a lot of money when cooking food in developed countries.

- Re-sealable Bags.**
- Laptop/ Tablet.**
- Head Torch.**
- Sink Plug.**
- Discount/ youth cards.**
- Phrasebook.**
- Sewing Kit, Duct Tape, String, Super Glue** - great for fixing things, taking one may be a good idea.
- Compression bags** - put your clothes in them and they squeeze out all the trapped air, saving you space.
- Diary** - great for memories and taking up time on long bus rides.
- Pen Knife** - I never used mine, but you never know.
- USB extension cable** - so your phone can reach your bed.
- Plug extension/ multiplier** - plug sockets are always in short supply, having one of these could make you very popular.
- Money Belt** - bit outdated now, most thieves know people wear them, and with a currency card you should never have too much cash on you. Don't look too cool when trying to make friends either.

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Might Have To Take

Might Have To Take Clothing

- Beach Towel** - if going anywhere with beaches. Can also be used instead of travel towel when staying in a place for a long time.
- Thermal/ winter clothing** - destination specific.
- Job related clothing.**

Might Have To Take Medical/ Toiletries

- Female Sanitary Items.**
- Malaria tablets.**
- Insect Repellent** (with high DEET %)
- Water purification tablets/ bottle** - if you might not have access to bottled or clean water.
- Allergy Tablets.**
- Glasses/ Contact lenses.**
- Prescriptions/ Medications.**
- Toilet Paper** - some developing countries may not have toilet paper provided or even a toilet.

Might Have To Take Items

- Camping Gear** - if planning on camping for long periods of time only.
- Job related documentation.**
- Rape Alarm.**
- International Drivers License.**

There are probably plenty of things not on this list or any other list you have read. If you think you are going to use something often, then take it. If you think "that may come in handy", then you probably won't need it. If it is large or heavy, you need to seriously think about leaving it behind.