

**Passport / ID**  
Contact details

☐

**Mobile Phone**

☐

**Wallet**  
Credit cards,  
Debit cards, Cash

☐

**Copies of  
important documents**  
Passport, ID Card etc.

☐

**Travel Health  
Insurance**

☐

**Travel documents**  
Visa, hotel booking  
(we store everything  
in the phone)

☐

**Vaccination record**

☐

**Glasses, Contact  
lenses + Liquid**  
Is not always easy  
to find abroad

☐

**Driving licence**  
Normal driving licence  
& international driving  
licence

☐

**Contact details**  
Bank number,  
Foreign health insurance,  
Contact details of trusted  
person in case of emergency,  
Addresses for  
postcards

☐

**Medicine**  
if needed

☐

# PACKINGLIST CLOTHES



## 2 Long trousers

Favorite Jeans,  
Leggings

☐


## 4 Shoes

Flip flops,  
Hiking shoes,  
Sneakers, Sandals

☐


## 2 Sweaters / Longsleeves

☐


## Scarf

Sarong

☐


## 4 Shorts

Shorts, Long skirt,  
Short skirt

☐


## Head cover

Cap, hat, headscarf

☐


## 4 T-Shirts

☐


## Gloves

Is it getting cold?

☐


## 7 Underwear

Sport Bra

☐


## 2 Bikini /

Swimming Trunks

☐


## Schlafanzug

☐


## Belt

☐


## 7 Socks

Wool socks for flights,  
Sports socks

☐


## Notes


## 3 Jackets

Jeans Jacket,  
Rain jackets,  
Windproof jacket

☐


# PACKINGLIST HYGIENE PRODUCTS














<b>Soap</b> <input type="checkbox"/>	<b>Hairdryer / Straightener</b> <input type="checkbox"/>
<b>Toothbrush + Toothpaste</b> <input type="checkbox"/>	<b>Razor</b> Replacement blades <input type="checkbox"/>
<b>Hairbrush</b> <input type="checkbox"/>	<b>Hair Bands</b> Bobby Pin <input type="checkbox"/>
<b>Cosmetics</b> Waterproof mascara <input type="checkbox"/>	<b>Manicure Set</b> <input type="checkbox"/>
<b>Shampoo + Conditioner</b> Shampoo Stein by Lush is great <input type="checkbox"/>	<b>2 Towels</b> Microfiber <input type="checkbox"/>
<b>Deodorant</b> <input type="checkbox"/>	<b>Contraceptive Pills</b> <input type="checkbox"/>
<b>Face cream</b> <input type="checkbox"/>	<b>Etc.</b> You know what else you need :) <input type="checkbox"/>
<b>Suncream</b> <input type="checkbox"/>	
<b>Girls Only Stuff :)</b> Menstruation cup, Tampons (Please remember that hygiene standards may be different abroad) <input type="checkbox"/>	

## OTHERS

<b>Jewellery</b> (Earrings, Watch) <input type="checkbox"/>	<b>Cutlery</b> Spork, Pocket knife <input type="checkbox"/>
<b>Notebook + Pen</b> <input type="checkbox"/>	<b>Empty bottle</b> To refill with water and to avoid plastic <input type="checkbox"/>
<b>Books</b> (Kindle E-Book Reader ) <input type="checkbox"/>	<b>Salt and pepper</b> <input type="checkbox"/>
<b>Sunglasses</b> <input type="checkbox"/>	<b>Foldable bowl</b> <input type="checkbox"/>
<b>Spare glasses / Reading glasses</b> <input type="checkbox"/>	



Camera	<input type="checkbox"/>		Powerbank	<input type="checkbox"/>	
Headphones	<input type="checkbox"/>		Bluetooth Speaker	<input type="checkbox"/>	
SD Cards	<input type="checkbox"/>		Tripod	<input type="checkbox"/>	
Laptop / Tablet	<input type="checkbox"/>		Other Tan-Generator	<input type="checkbox"/>	
Charging Cables Phone, Laptop etc.	<input type="checkbox"/>		Notes		
Spare Batteries	<input type="checkbox"/>				
Hard Disk	<input type="checkbox"/>				
Travel Adapter	<input type="checkbox"/>				

# PACKINGLIST MEDICINE

Everyone has to decide that for himself



Painkillers

☐

Mosquito spray

☐

Anti-Diarrheal Medicine

☐

Malaria tablets

☐

Remedy for nausea

☐

Plasters

☐

## BAGS



Cable organizer

☐

Small handbag

☐

Dry Bag

☐

Beach bag

☐

Laundry bag

☐

Rain cover for backpack

☐

Daypack

☐

Notes

# PACKINGLIST

## OTHERS

Extra stuff that you might need?



Travel Alarm clock

☐


Disinfectant spray

☐


Travel clothesline  
+ Detergent

☐


Sewing Kit

☐


Headlamp

☐


Thermos bottle

☐


Neck pillow

☐


Sleeping bag

☐


Carbine

☐


Umbrella

☐


## SAFETY

**2 Padlocks**

Combination padlocks are more practical

☐


**Spare wallet**

We recommend to store money, credit cards, etc.  
in at least two different places

☐


**Packsafe**

☐
