

Clothes

- Dressy jacket
- 2–4 shirts/T-shirts/blouses/tops (1 should be a smart casual/dressy)
- 2 pairs trousers/skirts (1 should be a smart casual dressy)
- 2 pairs of shorts/Skirts
- 1 Sleeping clothes Swimsuit
- 2 Dark cardigan/ sweater/ jumper
- Rainwear, poncho (avoid umbrella as it is too large)
- Parka, coat, or equivalent
- 3+ pairs socks
- 3+ pairs undergarments
- Long T-shirt or sarong [cover-up] necktie, scarf, hair band, bandanna
- Gloves / mittens Sun hat / knitted cap, hat clip
- Belt
- Laundry bag
- Beach towel

Footwear

- 1 pair smart casual/ dressy shoes
- 1 pair walking shoes/boots
- 1 flip-flops or sandals

First Aid – Medication

- Analgesic of choice
- Diarrhoea treatment of choice
- Infection treatment of choice
- Malaria tablets
- Tweezers
- Basic First Aid Kit - bandages, moleskin (other first aid?)
- menstrual, contraceptive, and/or prophylactic supplies
- Necessary medications

Stay Healthy Products

- Vitamins,
- (collapsible) plastic water bottle & cup
- SureAquaStraw and or SureAquaBottle (a non chemical or non-mechanical) water purifier
- Sun Block out/ Sun Screen (preferable with moisturiser),
- Insect repellent

Toiletries

- Toothbrush, Tooth cleaner/paste, Dental floss Razor blades
- Shaving oil/cream
- After shave Perfume Moisturiser Comb and/or hairbrush
- Shampoo & Conditioner Bar soap & container
- Deodorant
- Nail clippers
- [unbreakable] mirror
- Viscose towel (washcloth?)
- Universal (flat) sink stopper
- Detergent, spot remover
- Make up
- Toilet paper
- Antibacterial wipes
- Lip balm
- Hair bands

Add-on Specialty Items:

- Digital Camera (lenses, flash, tripod, extra cards & batteries, charger, laptop connection table)
- Additional memory card for Camera
- Additional battery for Camera
- Mobile (Cellular) telephone charger
- Laptop computer (flash drive, Power cord/adapters, network cables,)
- Overseas power converter plugs and/or power converter (check with destination power)
- Safe Sex

Miscellaneous Items

- Sun glasses, retainer, case
- Lens cleaning cloth/supplies,
- Maps, guidebooks,
- Phrase books Luggage lock(s) (cable?)
- Flashlight plus extra batteries
- Multipurpose tool, scissors (never carry them in Day Pack)
- Hostel sheet bag (sleeping bag, bivouac sack, blanket)
- Sewing Repair kit (safety pins, rubber bands, cord sewing kit, including large needle
- Sealable plastic bags, garbage bags duct/gaffer's tape (packing tape?)

Travel Documentation

- Photocopy of Passport
- Photocopy of Tickets
- Medical Papers
- Insurance Document
- Address Book
- Visa documentation
- Copy of International drivers licence
- Copy of Visa Card, Credit Cards, Cash Card etc
- Copy of prescription (spare glasses?)
- Copy of membership cards, business/calling cards, telephone access numbers
- Copy of Medical card

Note: All paperwork should be kept in a waterproof plastic bag within the luggage

What Not to pack

- Anything fragile unless in very strong and reliable packaging
- Food Drinks or Alcohol
- Expensive or sentimental Jewellery

Wallet/Purse

- Drivers Licence and or ID
- One Cash Card or Credit Card
- Small amount of cash
- Accommodation details

Carry-on Luggage

(Back pack or the like)

- Passport
- Visas
- Travel Tickets
- Copy of Tour tickets
- Copy of accommodation details
- Photos
- Vaccination certificates
- Reading Glasses
- Sunglasses
- Inflatable travel pillow
- Cell Phone (Mobile phone)
- Toothbrush Small very toothpaste
- Laptop
- Watch (to be worn)
- Whistle (for personal security)

- Lightweight digital camera
- Notebook & Pen Diary (to remember your trip)
- Toilet paper-small roll and place in plastic bag
- Earplugs (eye mask) [to ease sleep]
- Reading material (something you don't mind leaving behind)
- Something to tie the bag to you if you are sitting down for coffee.

Note: All paperwork should be kept in a waterproof plastic bag within the Travel Day pack

Security Pouch

Note: the security pouch is to be worn under clothes. Suggest should be cotton to avoid sweating against skin and place all paperwork in a sealable plastic bag.

- Charge & ATM cards Cash (no coins)
- International Drivers licence
- Second passport (if dual citizenship)
- Charge & ATM cards, cash, 2 personal cheques
- Traveller's cheques
- Membership cards
- Calling cards
- Medical Card Copy of Passport Copy of travel tickets
- Tour tickets

Note: All paperwork should be kept in a waterproof plastic bag within the Body pouch

Travelling with Kids

- Headphones with MP3 Player or the like
- Light snacks. (if unused you may need to dispose before leaving the aircraft)
- Favourite sleeping toy
- Medicines for unexpected health emergencies like dizziness, stomach aches, headaches, and other travel sickness.
- Portable DVD player and children's movies.
- Make sure have multiple headsets
- Activity books
- Toys with not many small parts
- Nintendo or the like