



PACKING LIST

GENERAL

Always carry

- Backpack or suitcase
- Hiking clothes, shoes & socks
- Sandals or flip-flops
- Dry-bags
- Compression bags
- Clothing line
- Secure bags (ex. Pacsafe)
- Tiny wallet (ex. Secrid)
- Breast pocket
- Hook-and-loop-tape
- Elastics
- Multi-function-jackknife
- Travel journal
- Laundry product (ex. Rei in der Tube)
- Microfibre travel towels
- Powerbank with multiple connexion points (min. 12.000 mAh)
- Cable organizer bag
- Pocket or headlamp
- Ear plugs



PHARMACY

General meds

- Painkiller / antifebrile (paracetamol)
- Stomach ache / sea-sickness remedy
- Anti-diarrheal
- General antibiotic
- Anything the travel-doc advises per destination

Thermometer

General good-for-everything-essentials

- Kinesiotape
- Burn ointment
- Mosquito repellent (with DEET!)
- First aid kit
- Venom extractor (depending on destination)

Depending on your destination

- Diamox (altitude sickness)
- Malaria prophylaxis
- Water purifying tablets

SAFETY

- Portable lock (ex. Addalock)
- Mini pepper spray
- Portable alarm-keychain