

# Packing List.

What to pack when travelling? An old adage suggests bringing half as much clothing and twice as much money. We've created this packing list from suggestions made by our travellers. While no two people are the same, consider it a starting point.

## Essentials

- Passport (check it's expiry!) and Visa's
- Tickets (particularly e-Tickets)
- Travel Insurance (of course!)
- Photocopies of 1,2 and 3
- Itinerary (airline, train, bus, accommodation bookings etc.)
- Mobile Phone - even if you aren't going to use it as a phone, it's most likely also your contact list and is great to have in an emergency
- Address book and list of important contacts or numbers
- Pack, Backpack, suitcase ... something to pack everything in!
- Notebook
- Pens - lots of immigration forms to fill in

## Clothing

- Bra (sports and regular)
- Dress shirts
- Dresses
- Hat
- Jacket, light jacket
- Jeans
- Long sleeve shirts
- Raincoat
- Safety pins
- Sarong
- Scarf
- Shoes, boots, thongs
- Shorts
- Skirts
- Sneakers
- Socks
- Sunglasses
- Sweater or fleece
- Swimming gear
- T-shirts
- Trousers
- Underwear

## First Aid Kit

- Band aids
- Compression bandages
- Diarrhoea tablets
- Gauzes
- Insect and/or mosquito repellent
- Iodine/hydrogen peroxide
- Prescription Medicines
- Motion sickness tablets
- Paracetamol
- Rehydration salts sachets
- Small scissors
- Tweezers
- Water purifying tablet
- Yellow Fever certificate or International Certificate of Vaccination

## Toiletries

- Anti-bacterial cream
- Clothes line
- Comb or brush
- Contraceptives
- Contact lens equipment or glasses
- Cotton buds
- Dental floss
- Deodorant
- Fingernail clippers
- Lip balm
- Make-up
- Mirror
- Moisturiser (face and body)
- Nail clippers
- Razors
- Shampoo and conditioner
- Shaving cream
- Soap
- Sunscreen
- Tampons and pads
- Toothbrush, toothpaste

## Money

- ATM card (Maestro or Cirrus logos on the back are most widely accepted)
- Cash in the local currency of your arrival destination
- Credit card (Visa or Mastercard are most widely accepted)
- Money belt (inside and hidden not outside your clothes)

## Travelling with Children

- Baby milk bottle
- Baby food
- Baby powder
- Baby Backpack
- Baby Wipes
- Bibs
- Birth certificate
- Changing mat
- Children's books
- Children's medicine (Panadol)
- Coloring books
- Crayons
- Doll
- Dummies / Pacifiers
- Extra clothes
- Food/snacks
- Formula
- Kid-friendly camera
- Nappies / Diapers (lots)
- Stroller
- Sun hat
- Toys
- Water Bottles

## Useful Travel Accessories

- Batteries
- iPad or Kindle
- Water bottle
- Camera - plus spare flash cards, battery charger and spare batteries
- Combo or key locks
- Day pack or shoulder bag
- Plastic Cup
- Eating utensils
- Electrical adapter and plug converter
- Guidebook
- Inflatable travel pillow
- International driving license
- Mosquito net
- Padlock (not for your bags but for your room)
- Passport photos (spare ones)
- Photocopies of important documents in case they are stolen
- Pillow or pillowcase to stuff with clothes
- Plastic bags
- Sleeping bag & mat
- Swiss Army knife (Don't put it in your hand luggage as it will be confiscated)
- Torch - plus spare batteries
- Towels - small and quick drying
- Travel alarm clock
- Universal sink plug
- Umbrella
- Wet wipes/Baby wipes - Fantastic for cleaning hands before eating
- Ziplock bags
- Sewing kit