

## Essentials

Address list and list of important contacts or numbers  
Backpack, suitcase, sports bag (something to pack everything in)  
Paper or Notebook  
Passport (check validity!)  
Pencils, Pens  
Tickets and itinerary (airline, train, bus etc.)  
Visa

## Finances

ATM card (Maestro or Cirrus logos on the back are most widely accepted)  
Calculator or currency converter  
Cash in the local currency of your arrival destination  
Credit card (Visa or Mastercard are most widely accepted)  
Money belt (You can't be too safe in some places)  
Sufficient Travellers' cheques (and receipts for travellers' cheques)

## Clothes

Boots  
Bra (sports and regular)  
Dress shirts  
Dresses  
Jacket  
Jeans  
Jumper, Sweater or Fleece  
Light jacket  
Long or thermal underwear  
Long sleeve shirts  
Pants or trousers  
Pyjamas/Sleepwear  
Sandals, shower shoes, thongs or jandals  
Sarong or Lava lava  
Shoes  
Shorts  
Ski clothes  
Skirts  
Sneakers  
Socks  
Suits  
Swimming gear  
T-shirts, singlets  
Underwear

(Tip from a member)

## Clothes Accessories

A good hat  
Bandana  
Cotton handkerchief or tissues  
Eye-mask  
Gloves or mittens  
Jewelry  
Knitted (woollen) hat  
Raincoat or poncho  
Safety Pins  
Scarf  
Sewing kit  
Ski glasses  
Suit bag  
Sunglasses  
Ties

## Toiletries

Anti-bacterial cream  
Comb or Brush  
Condoms or Contraceptive Pills  
Contact lens equipment or Glasses  
Cotton buds  
Dental floss (also great for fixing things!)  
Deodorant  
Earplugs  
Fingernail clippers  
Hair products (gel, spray etc.)  
Lip balm  
Make-up  
Mirror  
Moisturiser (face and body)  
Nail file  
Razors  
Shampoo and Conditioner  
Shaving Cream  
Sleeping pills  
Soap  
Sunscreen and After sun cream  
Talcum/Baby Powder  
Tampons and Pads  
Toothbrush, Toothpaste

Useful against prickly heat, in shoes, on sticky zippers and more (tip from a member)

## First Aid Kit

Band aids  
Compression bandages  
Diarrhoea tablets  
Gazes  
Insect and/or mosquito repellent  
Iodine/Hydrogen peroxide  
Medicines/Prescription Drugs  
Motion Sickness Tablets  
Paracetamol, Tylenol etc.  
Replacement/Rehydration salts sachets  
Small scissors  
Tweezers  
Vitamin pills  
Water purifying tablets

(Tip from a member)

## Other Items

Backpack rain cover  
Batteries  
Books  
Bottled water  
Camera, film and batteries  
Carbohydrate snacks  
Chewing gum or mints  
Combo or key locks  
Compass  
Cup  
Diary or Organiser  
Duct Tape  
Eating utensils  
Electrical adapter and plug converter  
Fishing Line  
Flashlight or torch  
Forum suggestions!

Spare flash cards or memory for digital

Especially if you are flying chewing something will help your ears

Fixes everything! (Tip from a member)

Strongest string in the world! (Tip from a member)

Don't forget the batteries

See [What would you pack?](#)

|   |   |
|---|---|
| Frisbee, hackey sack, ball, pack of cards or other recreational items |   |
| Gifts are always appreciated while travelling                         | (Tip from a member)   |
| Guidebooks  |   |
| Inflatable travel pillow  |   |
| International driving license   | If driving overseas, have your driving license translated                               |
| International Student Identification Card                             | For discounts worldwide   |
| iPod, MP3 player, Discman etc.  | Including music and batteries   |
| Laptop  | Especially for the business travellers  |
| Laundry detergent   |   |
| Maps (incl. small map of the world to show where you are from)        | (Tip from a member)   |
| Mini camera tripod  | Big is better if you have the space!  |
| Mobile phone or SIM card  |   |
| Mosquito net  |   |
| Passport Photos   |   |
| Phone card  | Both for local and international calls  |
| Photocopies of important documents in case they are stolen            | (Tip from a member)   |
| Phrase books or Dictionaries  |   |
| Pillow or Pillowcase to stuff with clothes                            |   |
| Plastic bags  |   |
| Recharger for electrical items  | Save some money on batteries  |
| Resume and Work references  | Don't forget these if you are planning to work while travelling                         |
| Skis, ski shoes, ski poles or a snowboard                             | If you are planning a winter holiday, you want to remember these!                       |
| Sleep sheet   |   |
| Sleeping bag  |   |
| Sleeping mat  |   |
| Swiss Army knife or Leatherman tool                                   | Don't keep in your carry on as it will be removed                                       |
| Toilet paper  | (Tip from a member)   |
| Towels  | Beach and otherwise - the quick drying versions are very handy!                         |
| Travel alarm clock  |   |
| Universal Sink Plug   | Squash ball can double as one (tip from a member)                                       |
| Walkman speakers  |   |
| Watch   |   |
| Wet wipes/Baby wipes  | Handy for cleaning hands or washing yourself in absense of a shower (tip from a member) |
| Ziplock bags  | The freezer ones are usually the best   |