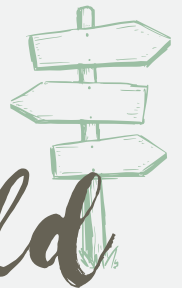




CHECKLIST



Trip around the world



CLOTHES

- 4 T-shirts
- 1 long sleeve T-shirt
- 1 down jacket
- 1 hardshell
- 1 convertible hiking pants
- 1 pair of leggings
- 1 pair of jeans
- 2 shorts
- 5 panties/boxers
- 4 pairs of short socks
- 2 pairs of hiking socks
- 1 bra (or bikini top)
- 1 dressy outfit
- 1 swimsuit
- 1 cap
- 1 beanie (according to itinerary)
- Gloves (according to itinerary)
- 1 neck warmer (according to itinerary)
- 3 p. of shoes (hiking, sneakers, flip-flops)



CAMPING

- 1 tent
- 1 sleeping bag
- 1 sleeping pad
- 1 portable stove + 1 lighter
- 1 set of pots



DAILY EQUIPMENT

- 1 filtering water bottle
- 3 travel storage bags
- 1 microfibre towel
- 1 clothesline
- 1 sleeping bag liner
- Hiking poles
- Sunglasses
- 1 security hip pouch
- 1 padlock
- Sewing kit
- Sleeping kit (earplugs, sleep mask, inflatable pillow)

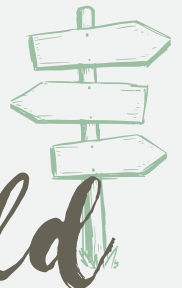


TOILETRY BAG

- 1 solid soap
- 1 solid shampoo
- 1 deodorant
- 1 toothbrush
- 1 toothpaste
- Dental floss
- 1 comb/hairbrush
- Nail cissors/nail clippers
- 1 moisturizing cream
- 1 lip balm
- 1 oriculi
- Tweezers



CHECKLIST



Trip around the world

GIRL STUFF

- 1 cup
- Washable sanitary pads
- Razor/epilator
- Hair clips and elastics
- Mascara or small makeup



FIRST AID KIT

MEDS

- Malaria prevention medication
- Imodium (for diarrhea)
- Vogalene Lyoc (for nausea)
- Spasfon
- Dafalgan
- Antihistamine
- Broad-spectrum antibiotics
- Your usual treatment, contraception

FIRST AID

- 1 antiseptic spray
- 1 hand sanitizer gel
- Band-aids, compresses, small scissors
- Bandages, safety pins, adhesive tap
- Tweezers + tick tweezers
- Micropur tablets
- Mosquito repellent
- 1 tube of aloe vera
- Sunscreen
- 1 survival blanket



PAPERS

- Passport (+ copy)
- Credit cards
- International and national driving licenses
- Vaccination certificates (+ copy)
- Travel insurance certificate
- Passport-sized photos



MISCELLANEOUS

- 1 headlamp
- 1 notebook + pen
- 1 tote bag + 1 tupperware
- 1 deck of cards
- 1 Swiss Army knife
- 1 book or e-book reader
- 1 audio splitter Jack + earphones



ELECTRONIC GEAR

PHOTO/VIDEO & COMPUTING

- 1 camera (+ 3 lenses + 1 tripod)
- 1 video camera
- 1 laptop
- 1 smartphone

OTHER

- 1 external battery
- 1 mini hard drive
- 1 universal adapter
- 1 power strip