## Essentials
- Suitcase
- Shoulder bag/Day pack
- Address labels for the luggage
- International Student-/ID card and driving licence
- Wallet and Cash in the local currency
- Travellers’ cheques
- Passport
- Visa
- Tickets and itinerary
- Credit card and Phone card
- Guidebooks, Phrase books and Dictionaries
- Address list of important contacts or numbers
- Addresses for organisations
- Country facts form
- Cell phone/mobile

## Toiletries
- Soap and Soap box
- Toilet paper
- Medicine and prescriptions
- Vitamin pills
- Shampoo and Conditioner
- Comb and Brush
- Toothbrush, toothpaste and dental floss
- Lip balm, Sunscreen and After sun cream
- Small towel
- Wetwipes
- Deodorant
- Earplugs
- Hair-drier
- Hair products
- Saline solution
- Contact lens equipment or glasses
- Sunglasses
- Tampons and Pads
- Make-up
- Anti-bacterial cream

## Clothes. Do you need both casual and formal wear? Practical or nice? Warm or cold?
- Raincoat or poncho
- Comfortable walking shoes
- Dress shoes
- Sneakers
- Sandals
- Flip-flops
- Jumper, Sweater or Fleece
- Dress shirts
- T-shirts
- Jeans
- High heels
- Shorts
- Underwear
- Socks
- A good hat
- Gloves or mittens
- Handkerchief
- Belt
- Long underwear
- Swimming gear
- Pyjamas/Sleepwear
- Bathrobe and shower shoes
- Dresses
- Skirts
- Underklännings
- Stretch tights
- Ties
- Belt/brace
- Suit
- ____________________________
### Reporter Equipment

- Camera
- Notebook & Pens
- Recorder
- Laptop
- Camcorder
- Press pass
- Cell phone/mobile

### Camping Equipment

- Sleeping bag
- Tent
- Snake bite kit
- Bottled water
- Cup
- Fork and spoon
- Cooking kit
- Oven and fuel
- Matchbox
- First Aid Kit
- First Aid - information
- Band aids
- Water purifying tablets
- Water filter
- Swiss Army knife or Leatherman tool
- Boots
- GPS

### Other Items

- Carbohydrate snacks
- Books and magazines
- Pack of cards
- Notebook & Pens
- Stationery, envelope and stamps
- Visiting card
- Inflatable travel pillow
- Protective blanket
- Sleeping mat
- Hangers
- Fishing Line
- Combo or key locks
- Universal Sink Plug
- Dish brush
- Electrical adapter and plug converter
- Batteries
- Binoculars
- Sleep sheet
- Flashlight or torch
- Watch and alarm clock
- Camcorder
- Travel iron
- Sewing kit with Safety Pins
- Umbrella
- Compass
- Safety Pins
- Plastic bags or Ziplock bags
- Duct Tape