



# BACKPACKING

## Gear List

There's nothing quite like backpacking: new places, new people, new languages, new cultures. As the excitement builds while you're packing, there's always the temptation to throw your whole wardrobe into your bag. It's better to keep things in check, however, so use this gear list as a guide for what you might actually need on your travels.

### CLOTHING & FOOTWEAR

- Short sleeve shirts
- Long sleeve shirts
- T-Shirts
- Shorts/Pants
- Wicking underwear
- Rain jacket
- Softshell jacket
- Evening clothes
- Sleepwear
- Swimwear
- Underwear
- Neck gaiter
- Sandals or thongs
- Comfortable walking shoes
- Socks

#### If it's cold, add in...

- Fleece jacket or down jacket
- Gloves
- Beanie
- Thermals

### DOCUMENTS

- Passport
- Other photo ID
- Trip itinerary
- Entry visas
- Local currency
- List of key phone numbers
- Copies of ID & travel information

### PERSONAL ITEMS

- Toiletry bag
- Soap, shampoo & conditioner
- Toothbrush & toothpaste
- Cosmetics
- Brush or comb
- Lip balm with SPF
- Sunscreen
- Insect repellent
- Hand sanitiser
- Basic first-aid kit
- Medication/s
- Travel towel
- Sunglasses

### TRAVEL ESSENTIALS

- Water bottle
- Water purification tablets
- Camera, case & charger
- Headlamp with spare batteries
- Electrical outlet converter
- Multi-tool or pocket knife
- Music player, headphones & charger
- Travel journal & pens
- Sleeping bag
- Sleeping bag liner
- Travel pillow
- Universal sink plug
- Laundry detergent
- Travel clothesline
- Mobile phone
- Laptop/Tablet
- Chargers for all electrical goods
- Book/Magazine
- Travel guide

### PACKS & BAGS

- Travel pack or hybrid pack (50-80L)
- Day pack
- Neck or waist pouch for passport and money
- Dry bag (for wet/soiled clothes)
- Stuff sacks for pack organisation
- Luggage locks
- Luggage tags
- Pack rain cover