



# WHAT TO PACK ON A BACKPACKING TRIP

## DOCUMENTS

- Passport
- Debet and credit card
- Student & other discount cards
- Certificates (diving, speleo ...)
- Driver's license (international)
- Flight tickets
- Reservations, permits & vouchers
- Planning
- Health & travel insurance card
- Vaccination & blood type documents
- Folder to stock all documents

## ELECTRONICS

- Smartphone + charger
- Travel apps (Foursquare, Offline Maps, Google Translate, Booking, Tripadvisor)
- Universal charger
- Camera (+ batteries + charger + SD card)
- Tripod
- Camera bag (+ lenses and utensils)
- Multifunction watch
- Lightweight laptop (+ charger)

## FIRST AID & MEDICIN

- Splinter tweezers
- Antiseptic wipes
- Antibacterial ointment
- Compound tincture
- Nonstick sterile pads
- Blister treatment
- Medical adhesive tape
- Ibuprofen or other pain-relievers
- Insect sting relief treatment
- Antihistamine (treating allergic reactions)
- Diarrhea treatment
- Glucose or other sugar to treat hypoglycemia
- Waterproof first-aid container
- Emergency heat-reflecting blanket
- Anticonception
- Antibiotics (broad)

## GENERAL

- Backpack (+ cover)
- Daypack or summit pack (+ cover)
- Money belt
- Foreign cash
- Wallet
- Pen & paper
- Elastic bands
- List of addresses (or printed labels)
- Travel guide
- Plastic bags / zip-locks
- Insect repellent (with DEET)
- Sun glasses
- Sunscreen
- After sun
- Lip balm
- Snorkel + diving mask
- Paper tissues
- Washing product for clothes

## TOILETRY KIT

- Toilet paper
- Hand sanitizer gel
- Shower gel (biodegradable)
- Shampoo (biodegradable)
- Tooth brush + tooth paste
- Travel towel (quick-dry)
- Nail clipper
- Razor equipment
- Ear plugs
- Small mirror
- Sanitary napkins / tampons
- Waterproof toiletry container

## ENTERTAINMENT

- In-ear headset
- Mini-box set
- Miniature games
- Travel diary
- Pocket book(s)
- Binoculars
- Frisbee
- Inflatable ball



# WHAT TO PACK ON A BACKPACKING TRIP

## WARM WEATHER CLOTHES

- Head protection (hat or cap)
- Underwear / bra
- Base layer top or performance shirts
- Shorts
- Rain coat
- Hiking trousers (zippable)
- Swim shorts / bathing suits

## CAMPING GEAR

- Tent, tarp or bivy sack
- Sleeping pad
- Sleeping bag
- Foldable chair
- Plastic canvas
- Pillow or stuffable pillow case
- Pocket knife or multi-tool
- Spork
- Headlamp
- Sewing set
- Duct tape
- Candles
- Cooking set (stove + fuel)
- Dishes/bowls
- Cooking utensils
- Herbs, salt & pepper
- Drinking/measuring cup
- Lighter (+ fire starter)
- Mosquito net (impregnated)
- Cord
- Clothespins
- Padlock
- Safety pins
- Fishing gear
- Lightweight hammock

## COLD WEATHER CLOTHES

- Head protection (warm hat or beanie)
- Gloves or mitts
- Scarf (or buff)
- Thermal underwear
- Hardshell (windstopper) jacket
- Insulated (fleece) jacket or sweater

## FOOTWEAR

- Hiking boots
- Light sneakers
- Socks (for hiking and other)
- Gaiters
- Sandals (waterproof) or flip flops

## HIKING GEAR

- Hiking maps
- Compass
- GPS (updated)
- Water treatment system
- Water bottle or bag
- Whistle
- Trekking poles
- Ice axe
- Crampons
- Energy food (bars, gels ...)
- Bear spray



*Be aware that every gram counts! Check whether you actually will need each item and whether it would be better to acquire it locally and just-in-time.*