

TRAVEL PACKING LIST

This is a basic list for packing the essentials for a 1 week trip. Adapt it to meet the needs of your adventure depending on climate and activities you intend to undertake. Happy travels!



Clothes

- 4 socks
- 7 underwear
- 3 bras
- 1 swimsuit
- 2 jeans/pants
- 3 t-shirts
- 3 tank tops
- 1 sweater or cardigan
- 1 pair of sandals/thongs
- 1 pair of walking shoes/sneakers
- 1 Pyjamas
- 1 jacket (waterproof)
- 1 sarong

Toiletries

- Toothbrush & toothpaste
- Deodorant
- Moisturiser
- Face wash
- Shower gel/soap
- Shampoo/conditioner
- Makeup (optional)
- Suncream
- Wet wipes

Miscellaneous

- Phone & charger
- Camera & charger
- Battery pack
- Pen
- Headphones
- Book
- Waterbottle
- Sunglasses

Documents

- Passport
- Visa
- Drivers license
- Booking confirmations & itinerary

First Aid

- Band-aids
- Paracetamol/Ibuprofen
- Anti-itch ointment
- Bug repellent
- Antiseptic cream
- Aloe vera gel
- Travel sickness medication
- Anti-diarrhoea medication
- Nail scissors & tweezers
- Hand sanitiser