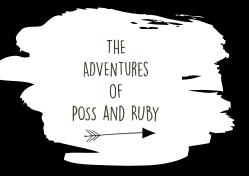
TRAVEL PACKING LIST

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

Bandaids

Paracetamol/Ibuprofen

Anti-itch ointment

Bug repellent

Anticeptic cream

Aloe vera gel

Travel sickness medication

Anti-diarrhoea medication

Nail scissors & tweezers

Hand sanitiser