



The Ultimate

Packing Light Checklist

Compliments of AlbomAdventures.com

Documentation

Passports
Immunization cards
Travel Insurance cards
Tickets
Cash / credit cards

Clothing (two people)

Breathable rain jacket or poncho
One cardigan or fleece
One long sleeve shirt *
4-5 short sleeve or tank tops *
2 long pants or skirts
2 short pants *
1 Dress or casual equivalent
Sleepwear
5 days of underwear and socks
3 Shoes: walking, sandals, nice
Sun hat
Swimwear
Scarf
Belt

Electronics

Electrical converters
Smartphone and charger
International SIM card
Laptop or tablet and charger
Backup drive or USB stick
Camera, batteries, and charger
Optional: SD card, lens, tripod

Emergency Kit

Sunscreen
Insect repellent
Vitamin C
Pain relievers
Antidiarrhoeal
Sore throat lozenges
Bandages
Antiseptic ointment
Hydrocortisone cream
Anti-itch cream (insect bites)
Tweezers
Prescription meds and script

Toiletries

Toothbrush / toothpaste
Dental floss
Hair brush / comb
Shampoo / conditioner
Hair products
Shaving kit
Deodorant
Make up and brushes
Face and body soap
Feminine hygiene products
Nail clippers and file

Accessories

Camping clothes line
Small laundry detergent
Travel pillow
Sewing kit
Notebook and pen
Spare glasses (if needed)
Sunglasses
Jewelry

*In winter reduce tank tops and shorts while also increasing long sleeves and long pants