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The Ultimate Backpacker Packing List

The honest, tested, backpacking checklist for long-term travel

Backpack / Main Luggage

- ☐ Main backpack or suitcase
- ☐ Lightweight day pack for journeys and excursions
- ☐ Padlock x 2

Clothing -- Adults

- ☐ Lightweight t-shirts x 3
- ☐ Vests / singlets x 2
- ☐ Short sleeve shirt x 1
- ☐ Dresses x 2 (women only)
- ☐ Lightweight long pants x 1 (zip-offs are good idea to convert to extra pair of shorts)
- ☐ Shorts for going out in daytime x 2
- ☐ Shorts for lazing around home / sleeping in
- ☐ Lightweight foldaway waterproof jacket
- ☐ Lightweight fleece / hoodie x1 each
- ☐ Underwear x 8 (1 pair per day plus a pair to wear on the 8th day when doing the washing)
- ☐ Socks x 2
- ☐ Belt x 1
- ☐ Sun hat / cap
- ☐ Swimwear

Footwear

- ☐ Sandals x 1 pair (useful for more adventurous activities when flip flops won't cut it)
- ☐ Flip flops x1 pair
- ☐ Trainers / walking trainers x1 pair (optional – subject to destination and planned activities)

Toiletries

- ☐ All in one body wash
- ☐ Nail clips
- ☐ Lip balm (with sun factor)
- ☐ Earplugs

- ☐ Deodorant
- ☐ Toothbrush and toothpaste
- ☐ Razor / beard trimmer
- ☐ Feminine hygiene products if needed

Tip: toiletries can be bought easily whilst on the road so don't need to take large volumes

Documents and Admin

- ☐ Printed copies of travel insurance policy
- ☐ International driving permit (some only last one year so get last minute to make it last)
- ☐ Bank card + Credit card
- ☐ Wise card
- ☐ Cash – local currency for first destination (& some back-up US Dollars)
- ☐ Copies of all documents stored in Cloud storage / on phone

Other - Adults

- ☐ Water bottle
- ☐ Several pens scattered amongst hand luggage
- ☐ Small notepad
- ☐ Wristwatch
- ☐ Extremely lightweight Fold away rucksack (when buying extra items when out)
- ☐ Sunglasses
- ☐ Lightweight latex exercise resistance band (if want to keep fit at low-cost)
- ☐ Travel tea mug (optional - but I must take a brew on the go)

Entertainment

- ☐ Pack of playing cards
- ☐ Pass The Pigs game
- ☐ Downloaded movies to phone / laptop

Tech and Connectivity

- ☐ Laptop – don't forget your chargers
- ☐ Laptop hub (optional – if need to connect multiple devices to a limited port laptop)
- ☐ E-Reader (Kobo) – optional as could use phone app
- ☐ Portable power bank for smaller devices (EG: phone) when on the go
- ☐ Mobile phone
- ☐ Universal travel adaptor
- ☐ Charging cables for all devices (don't go over the top – 1 cable may charge several devices)
- ☐ Earphones / headphones
- ☐ SLR Camera + SD Card + battery charger /charging cable – if into photography
- ☐ Go Pro camera & accessories – if into photography
- ☐ e-SIM (organise before leaving)

Health and Medical

- ☐ Sunscreen
- ☐ First Aid bag, which contained:
- ☐ Plasters (unbelievable how many we got through with the kids!)
- ☐ Bandages

- ☐ Tweezers
- ☐ Painkillers
- ☐ Antihistamines
- ☐ Rehydration sachets
- ☐ Diarrhoea medication
- ☐ Antiseptic cream
- ☐ Sterile wipes
- ☐ Medical scissors
- ☐ Safety pins
- ☐ Medical tape
- ☐ Cotton swabs
- ☐ Mini First Aid booklet
- ☐ Insect repellent
- ☐ Motion sickness tablets
- ☐ Any prescription medications

Travel Accessories

- ☐ Travel washing line
- ☐ Sarong
- ☐ Multi-functional knife
- ☐ Cable ties x 10 mixed sizes (came in useful a few times)
- ☐ Carabiners x2 (attach things to bags)
- ☐ Small Collapsible dining bowl & reusable cutlery set
- ☐ Micro fibre travel towel
- ☐ Head torch
- ☐ Bum bag

Other

- ☐ Coins from home to share with curious local kids
- ☐ Small gifts from home to share with helpful locals or cute local kids (we took some pencils with kiwi birds on them and some small key rings also with kiwi birds on them)
- ☐ Passport photos: for visas
- ☐ Wet wipes – for sticky moments on the go

OTHER / DON'T FORGET

Pre-Departure Checklist

- ☐ Passports valid for 6+ months beyond trip end date
- ☐ Visas researched and applied for all countries
- ☐ Travel insurance purchased and policy printed
- ☐ Vaccinations up to date - doctor consulted
- ☐ International driving permit obtained
- ☐ All important documents scanned and saved to cloud
- ☐ Home secured - mail redirected, house sitter arranged, tenant contracted

Apps to Download Before You Leave

- ☐ Google Maps (download offline maps for each country)
- ☐ Grab (SE Asia taxi app)
- ☐ Google Translate (download language packs offline)
- ☐ Wise (if using a Wise card)
- ☐ Viber (for international & local calls to landlines)
- ☐ Airbnb / Booking.com / Trip.com
- ☐ Triplt (to keep track of all of your bookings)

Things to Buy on the Road (Don't Pack From Home)

Extras that were useful that we picked up on the road:

- ☐ Warm layers and colder weather gear when leaving warmer climates (if applicable – all depends on what climates you're passing through)
- ☐ Toiletries in bulk at local supermarkets
- ☐ Laundry powder

Our Golden Rule

If you haven't used it in two weeks, leave it behind.

You can buy almost anything, almost anywhere.

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