



Packing

- ☐ Backpack
- ☐ Plastic bag liner or pack cover (for rain)
- ☐ A few groceries plastic bags (for garbage)
- ☐ Ziploc bags and elastics (for organization)

Electronics

- ☐ Smartphone
- ☐ Wall adapter or travel adapter
- ☐ Charging cables
- ☐ External battery
- ☐ Headlamp
- ☐ Earphone

Clothing

- ☐ A fleece
- ☐ Another warm jacket (when travelling in cold places)
- ☐ Rain gear
- ☐ 2 Shirts
- ☐ A pair of pants
- ☐ 2 Pairs of socks
- ☐ 2 Underwear
- ☐ Hat
- ☐ Buff
- ☐ Toque (if travelling in cold places)
- ☐ Gloves (if travelling in cold places)

Hydration

- ☐ Water bottle
- ☐ Water filter

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental Floss
- ☐ Deodorant
- ☐ Soap
- ☐ Nail clipper
- ☐ Lip Balm (with some SPF)
- ☐ Toilet Paper (not every place provides some)
- ☐ Razor
- ☐ Travel Towel
- ☐ Baby wipes (for those nights without running water)
- ☐ Cotton Swaps

Repair & Aid kit

- ☐ 2-3 Alcohol wipes (individually sealed)
- ☐ 2-3 Band-aids (different sizes)
- ☐ 2 Second-skin (for blisters or bigger wound)
- ☐ 2 Sewing needles
- ☐ Sewing thread

Misc

- ☐ A pen (for immigration forms)
- ☐ Bank cards and ID
- ☐ A smile (it helps)
- ☐ Earplugs
- ☐ Small Padlock
- ☐ Passport (if you do want to leave your country)
- ☐ A desire for adventure (you will need it !)