

BACKPACK CHECKLIST

CLOTHES FOR WOMEN

5-7 pairs of underwear
2 bra's
Socks (if you take trainers)
3-4 vest tops
2-3 t-shirts
1 light jumper
2-3 different material shorts
(denim/cotton/lightweight)
1-2 pairs of leggings
2-3 dresses/skirts
2-3 swimwear
Scarf/Sarong
Flip flops
Running/hiking shoes
Sandals/flat shoes

CLOTHES FOR MEN

5-7 pairs of underwear
Socks (if you take trainers)
3-4 vest tops
2-3 t-shirts
2 pairs of shorts
2-3 swimwear
1 pair jeans
1 light jumper
Flip flops
Running/hiking shoes
Sandals/flat shoes

TOILETRIES FOR WOMEN

Toiletry bag
Shampoo
Conditioner
Shower gel
Deodorant
2-3 Sun cream
After sun
Moisturiser
Toothpaste
toothbrush
Hair bobbles
Hair clips
Hairbrush
Tampons/pads
Bugs spray
Bite cream
8-10 Small packets of tissues
Painkillers
Antihistamine tablets
Anti-sickness tablets
Hand sanitiser
Condoms

TOILETRIES FOR MEN

Toiletry bag
Shampoo
Conditioner
Shower gel
Deodorant
2-3 Sun cream
After sun
Moisturiser
Toothpaste
Toothbrush
Hair gel
Bugs spray
Bite cream
8-10 Small packets of tissues
Painkillers
Antihistamine tablets
Anti-sickness tablets
Hand sanitiser
Condoms

the wandering wilson

BACKPACK CHECKLIST

OTHER ESSENTIALS

Passport
Scanned copies of your passport
Bank/travel cards
ID
Money
Printed copy of your travel insurance
4 Passport photos
Bum bag
Rucksack
Microfibre towel
2 padlocks
Ear plugs
Eye mask
Neck pillow
Sunglasses
Chargers
Adapter
Travel battery pack
Headphones

ADDITIONAL

Sleeping bag liner
Waterproof cover for you backpack
Waterproof coat
Camera
Portable speaker
Packing cubes

TOP TIPS

[1] Pack as light as possible

[2] Check out my blog for travel tips, guides and more
the.wandering.wilson.travel.blog