

The Ultimate Backpacker Packing List

Essential Items

- | | | |
|--------------------------------------------------------|------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Passport Photos | <input type="checkbox"/> Journal |
| <input type="checkbox"/> Day Bag | <input type="checkbox"/> Proof of Vaccinations | <input type="checkbox"/> Writing Utensils |
| <input type="checkbox"/> Charger Block | <input type="checkbox"/> Headphones | <input type="checkbox"/> Lock |
| <input type="checkbox"/> Money Belt | <input type="checkbox"/> Headphone Splitter | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Fanny Pack | <input type="checkbox"/> Cables | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Cable Organizer | <input type="checkbox"/> Rain Poncho |
| <input type="checkbox"/> Passport | <input type="checkbox"/> Travel Adapter | <input type="checkbox"/> Rain Cover for Bag |
| <input type="checkbox"/> Driver's License | <input type="checkbox"/> Quick Dry Pack Towel | <input type="checkbox"/> Laundry Bag |
| <input type="checkbox"/> Electronic files of documents | <input type="checkbox"/> Pocket Knife | <input type="checkbox"/> Books (physical or electronic) |
| <input type="checkbox"/> Credit/Debit Cards | <input type="checkbox"/> Sunblock | <input type="checkbox"/> Hand Sanitizer |

Shoes

- ☐ Adventure Sandals
- ☐ Flip Flops
- ☐ Hiking Boots
- ☐ Running Shoes

Toiletries

- | | |
|--------------------------------------|----------------------------------------|
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Tooth Paste |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Tooth Brush |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Floss |
| <input type="checkbox"/> Lotion | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Hair Brush | <input type="checkbox"/> Nail Clippers |

Clothes

- | | |
|-----------------------------------------|--------------------------------------|
| <input type="checkbox"/> Shorts | <input type="checkbox"/> 3 Shirts |
| <input type="checkbox"/> Flowy Pants | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Trekking Pants | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Under Armor | <input type="checkbox"/> Sweater |
| <input type="checkbox"/> 2 bras | <input type="checkbox"/> Rain jacket |
| <input type="checkbox"/> 7 socks | <input type="checkbox"/> 2 swimsuits |
| <input type="checkbox"/> 10 underwear | |

Eye Care

- ☐ Contact Solution
- ☐ Spare Contacts
- ☐ Tiny Mirror
- ☐ Eye Drops
- ☐ Glasses

Health

- | | | |
|--------------------------------------------|------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Acetaminophen | <input type="checkbox"/> Probiotics |
| <input type="checkbox"/> Antihistamine | <input type="checkbox"/> Personal Medicine | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Anti-Inflammatory | <input type="checkbox"/> Motion Sickness Pills | <input type="checkbox"/> Feminine Cup |
| <input type="checkbox"/> Cold Medicine | <input type="checkbox"/> Diarrhea Relief | <input type="checkbox"/> Tiger Balm |

Things you MIGHT need

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|---------------------------------------------|------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> HeadLamp | <input type="checkbox"/> Hammock Tent | <input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> Lantern | <input type="checkbox"/> Tent | <input type="checkbox"/> Sleeping Bag with
Compression Sack |
| <input type="checkbox"/> Hammock and Straps | <input type="checkbox"/> Speaker | <input type="checkbox"/> Sarong |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Frisbee | <input type="checkbox"/> Playing Cards |
| <input type="checkbox"/> Anti-Fungal Powder | <input type="checkbox"/> Carabiners | <input type="checkbox"/> Packing Cubes |
| <input type="checkbox"/> Ear Plugs | <input type="checkbox"/> Workout Resistance
Bands | |
| <input type="checkbox"/> Eye Mask | <input type="checkbox"/> Bug Spray | |

Trekking Supplies

- | | | |
|--------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Hiking Boots | <input type="checkbox"/> Water Bottle with
Filter | <input type="checkbox"/> Stove |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Pans |
| <input type="checkbox"/> Blister Plaster | <input type="checkbox"/> Wet Wipes | <input type="checkbox"/> Gas |
| <input type="checkbox"/> Trekking Poles | <input type="checkbox"/> Rope/String | <input type="checkbox"/> Lighter or Matches |
| <input type="checkbox"/> Electrolyte Solution | <input type="checkbox"/> Food/Drinks | <input type="checkbox"/> Yoga Mat or Blow up
Pad |
| <input type="checkbox"/> Water Purification
Tablets | | |

Volunteering

- ☐ Rubber Shoes
- ☐ Work Gloves
- ☐ Ugly Clothing
- ☐ Coffee
- ☐ Beads and String
- ☐ Bubbles

High Tech Traveler

- ☐ SteriPen
- ☐ Water-To-Go-Bottle
- ☐ Action Camera
- ☐ Tablet or laptop
- ☐ Drone

Apps

- ☐ Google Maps
- ☐ Maps.Me
- ☐ Google Translate
- ☐ Spanish Dic
- ☐ Currency XE
- ☐ Hostelworld

- ☐ Bookings.com
- ☐ Skyscanner
- ☐ WhatsApp
- ☐ Western Union
- ☐ Couchsurfing
- ☐ Spotify

- ☐ Netflix
- ☐ Polarsteps
- ☐ iOverlander
- ☐ Rome2rio
- ☐ RedBus
- ☐ TravelSpend