

ULTIMATE CHECKLIST WHAT TO PACK



CLOTHING

- Sport socks (3)
- Underwear (3)
- Sport bra (2)
- Swimming suit (in summer)
- Functional t-shirts (2)
- T-shirt for the afternoons
- Shorts (2)
- Legging
- Thermal shirt
- Jacket (windstopper & waterproof)
- Thin raincoat
- Baseball cap/hat

RANDOM

- Reusable water bottle (>0.75 l)
- Small power bank
- Charging cables (adapter?)
- Few plastic bags
- Small notepad and pen
- Printed copy of your ID
- Printed travel insurance
- Cash
- Fabric shoulder bag
- Small sewing kit
- Safety pins
- Earplugs and eye mask

SHOES

- Hiking shoes/good quality shoes for long walks
- Flip-flops
- Light trainers

TOILETRIES & COSMETICS

- Bar of soap
- Bar of shampoo
- Bar of conditioner
- Face cream
- Face cleanser
- Suncream
- Lip balm
- Travel toothbrush & toothpaste
- Deodorant
- Hairbrush & hair bands
- Feminine products
- Wet tissues
- Packs of small tissues

FIRST AID KIT

- Painkillers
- Medicine against fever
- Pills to treat diarrhea
- Liquid disinfection
- Plasters (a lot!)
- Elastic bandage