



BACKPACKING PACKING LIST



Jana Meerman

THE BAGS:

- 45L backpack
- packing cubes
- daypack
- small purse
- money belt
- Ziplocs + plastic bags

CLOTHES & SHOES:

- socks
- underwear
- scarf + toque
- swimwear
- leggings
- jeans + belt
- sweatpants
- shorts
- dresses
- tank tops
- t-shirts
- long-sleeved shirts
- sweater
- rain jacket
- coat
- hiking shorts + sports bras
- pyjamas
- sandals
- running shoes
- walking shoes
- flip flops

TOILETRIES:

- toothbrush, floss, paste
- brush, hair ties, bobby pins
- moisturizer
- sunscreen
- bug spray + after bite
- contact lenses
- glasses + case
- sunglasses + case
- deodorant
- face toner/micellar water
- cotton pads
- q-tips
- Neosporin
- Band-aids
- throat lozenges
- Advil
- Claritin
- tampons and/or pads
- pills and medications
- makeup
- nail file
- tweezers
- small mirror
- shampoo + conditioner
- dry shampoo
- body wash
- razor
- towel
- chapstick

ELECTRONICS:

- plug adapter
- laptop + case + charger
- external hard drive
- USB extender
- phone + charger
- headphones
- camera + charger + tripod
- extra SD cards + battery
- battery pack + case
- SD card reader for iPhone
- lighter + flashlight

EVERYTHING ELSE:

- deck of cards
- sleeping bag + pillowcase
- detergent + Tide to go
- Lonely Planet
- notebook + pens
- travel visa + insurance
- mini sewing kit
- passport + IDs
- credit card + foreign cash
- vaccination booklet
- book to read
- jewelry + watch
- umbrella
- prescriptions
- reusable water bottle
- padlock