

Packing List



Must-haves

- | | | |
|--|---|--|
| <input type="checkbox"/> Passport and visa | <input type="checkbox"/> Cash in local currency | <input type="checkbox"/> Insurance information |
| <input type="checkbox"/> Reservation details (hotel, flight/train, pre-booked trips) | | |



Personal items & hygiene

- | | | |
|--|---|---|
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Shampoo & conditioner | <input type="checkbox"/> Sunscreen & after sun lotion |
| <input type="checkbox"/> Contact lenses | <input type="checkbox"/> Face wash & mouth wash | <input type="checkbox"/> Floss |
| <input type="checkbox"/> Cosmetics (and remover) | <input type="checkbox"/> Hairbrush or comb | <input type="checkbox"/> Antibacterial gel |
| <input type="checkbox"/> Razor & shaving cream | <input type="checkbox"/> Deodorant & perfume | <input type="checkbox"/> Nail clippers |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Hair dryer | <input type="checkbox"/> Feminine hygiene products |



Clothing & accessories

- | | | |
|---|--|---|
| <input type="checkbox"/> Swim suit | <input type="checkbox"/> Hat | <input type="checkbox"/> Beach cover-up |
| <input type="checkbox"/> Pants & shorts | <input type="checkbox"/> Dresses | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Socks & stockings | <input type="checkbox"/> Shirts & t-shirts | <input type="checkbox"/> Sneakers & sandals |
| <input type="checkbox"/> Jacket (& rain coat) | <input type="checkbox"/> Sleep wear | <input type="checkbox"/> Belt |
| <input type="checkbox"/> Scarfs | <input type="checkbox"/> Watch & jewellery | <input type="checkbox"/> Sunglasses |



Medications & health

- | | | |
|--|--|--|
| <input type="checkbox"/> Allergy pills | <input type="checkbox"/> Prescriptions | <input type="checkbox"/> Bandages |
| <input type="checkbox"/> Vitamins | <input type="checkbox"/> Pain killers | <input type="checkbox"/> First-aid kit |

Packing List



Supplies

- ☐ Catheters (always pack extra)
- ☐ Extra underwear and maybe extra pants
- ☐ Antibacterial gel or hand wash
- ☐ Pads- an absorbent pad or liner in case of unexpected leakage
- ☐ Paper towels or tissues
- ☐ Plastic bags (for used accessories, used catheters or wet garments)
- ☐ Your Travel Card (which explains the reason for carrying supplies)
- ☐ Disposable gloves
- ☐ Wet wipes/ towelettes
- ☐ Handheld mirror



Travelling by plane

- ☐ Books & magazines
- ☐ Inflatable pillow
- ☐ Earplugs
- ☐ Eye mask
- ☐ Small bag for liquids
- ☐ Small cans for liquids (maximum 100ml in your carry-on)



Gadgets

- ☐ Camera and charger
- ☐ Phone, tablet
- ☐ Music player / MP3



Various

- ☐ Address book
- ☐ Sewing kit
- ☐ Swiss army knife

Packing List



Going away with the family

- | | | |
|--|--|--|
| <input type="checkbox"/> Playing cards & games | <input type="checkbox"/> Crayons and markers | <input type="checkbox"/> Children's books |
| <input type="checkbox"/> Toys | <input type="checkbox"/> Stroller | <input type="checkbox"/> Dolls and teddies |



Going to the beach

- | | | |
|-------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Beach bag | <input type="checkbox"/> Beach towel | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Book | <input type="checkbox"/> Music | <input type="checkbox"/> Water and food |
| <input type="checkbox"/> Beach ball | <input type="checkbox"/> Beach toys | <input type="checkbox"/> Flip flops |



Big city holiday

- | | | |
|-----------------------------------|--|------------------------------------|
| <input type="checkbox"/> City map | <input type="checkbox"/> Walking shoes | <input type="checkbox"/> Back pack |
|-----------------------------------|--|------------------------------------|



Outdoor holiday

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|--|---|--|
| <input type="checkbox"/> Practical shoes | <input type="checkbox"/> Camping stove/fuel | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Tent | <input type="checkbox"/> Fast drying clothes |
| <input type="checkbox"/> Trekking poles | <input type="checkbox"/> GPS / compass | <input type="checkbox"/> Insect repellent |

Packing List



Add you own things
