

BACKPACKING LIST
ISAPISA.COM

	Clothing & Shoes		Toiletries and Medical Items		Accessories		Electronics		Other items to pack
<input type="checkbox"/>	1x Rain/wind jacket	<input type="checkbox"/>	Moisturiser	<input type="checkbox"/>	Sarong/ light scarf	<input type="checkbox"/>	Memory cards	<input type="checkbox"/>	Headlamp
<input type="checkbox"/>	1x loose & light long sleeve top	<input type="checkbox"/>	Shampoo solid bar	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>	iPad	<input type="checkbox"/>	Passport, visas & drivers licence
<input type="checkbox"/>	1x loose & light long trousers	<input type="checkbox"/>	Shower solid bar	<input type="checkbox"/>	Hat	<input type="checkbox"/>	Phone	<input type="checkbox"/>	Vaccination cards
<input type="checkbox"/>	2x loose shorts (1 for sleeping)	<input type="checkbox"/>	Lip balm	<input type="checkbox"/>	1x earrings (I could lose)	<input type="checkbox"/>	Backup phone	<input type="checkbox"/>	Passport photos
<input type="checkbox"/>	2x tanks	<input type="checkbox"/>	Solid deodorant	<input type="checkbox"/>	Buff	<input type="checkbox"/>	Batteries	<input type="checkbox"/>	Day backpack
<input type="checkbox"/>	3x t-shirts (1 for sleeping)	<input type="checkbox"/>	Toothbrush & toothpaste			<input type="checkbox"/>	Chargers & cables	<input type="checkbox"/>	Money belt/bra pouch
<input type="checkbox"/>	1x gym leggings	<input type="checkbox"/>	Contact lenses & solution & case			<input type="checkbox"/>	Plug adapter	<input type="checkbox"/>	Ziplock bag (2x)
<input type="checkbox"/>	1x fleece jumper/ cardigan	<input type="checkbox"/>	Hairbrush & ties			<input type="checkbox"/>	Camera	<input type="checkbox"/>	Travel towel (alt. Turkish bath towel)
<input type="checkbox"/>	1x swim wear	<input type="checkbox"/>	Tampons, sanitary towels, pantyliners for a couple of months (maybe cup)			<input type="checkbox"/>	Headphones	<input type="checkbox"/>	Ear plugs
<input type="checkbox"/>	2x bras	<input type="checkbox"/>	Wet wipes			<input type="checkbox"/>	1x portable power bank	<input type="checkbox"/>	Eye mask
<input type="checkbox"/>	5x socks	<input type="checkbox"/>	Lotion			<input type="checkbox"/>	SD card adapter	<input type="checkbox"/>	Mosquito net/masking tape
<input type="checkbox"/>	5x underwear	<input type="checkbox"/>	Toilet paper (1 roll)			<input type="checkbox"/>	2x GoTenna	<input type="checkbox"/>	Refillable water bottle

	Clothing & Shoes		Toiletries and Medical Items		Accessories		Electronics		Other items to pack
<input type="checkbox"/>	1x dress	<input type="checkbox"/>	Sun screen					<input type="checkbox"/>	2x Padlock & bike lock (combination)
<input type="checkbox"/>	1x Birkenstock	<input type="checkbox"/>	3x Bug repellent (50% Deet)					<input type="checkbox"/>	Bag cover
<input type="checkbox"/>	1x walking shoes/trainers	<input type="checkbox"/>	Hand sanitizer					<input type="checkbox"/>	Credit cards
<input type="checkbox"/>	1x flip flops/sandals	<input type="checkbox"/>	Tissues					<input type="checkbox"/>	2x copy of all docs (send to mums and accessible online)
		<input type="checkbox"/>	Razor (small)					<input type="checkbox"/>	Book
		<input type="checkbox"/>	Plasters in different sizes					<input type="checkbox"/>	2x Notebook & pen
		<input type="checkbox"/>	Pain/inflammation medication (Ibuprofen, Paracetamol)					<input type="checkbox"/>	Travel clothesline
		<input type="checkbox"/>	First aid kit					<input type="checkbox"/>	Sleeping bag liner
		<input type="checkbox"/>	Blister plasters					<input type="checkbox"/>	Dry bags
		<input type="checkbox"/>	Travel ice packs					<input type="checkbox"/>	Packing bags
		<input type="checkbox"/>	Dental floss					<input type="checkbox"/>	Wallet (bare minimum)
		<input type="checkbox"/>	Malarial tablets (Asda)					<input type="checkbox"/>	Travel insurance doc & details
		<input type="checkbox"/>	Imodium					<input type="checkbox"/>	Emergency paper in money belt (contact details, passport #, insurance number)
		<input type="checkbox"/>	Electrolyte sachets					<input type="checkbox"/>	Neck pillow

	Clothing & Shoes		Toiletries and Medical Items		Accessories		Electronics		Other items to pack
		<input type="checkbox"/>	Fingernail clipper, tweezer & file					<input type="checkbox"/>	Travel bag cover for backpacks
		<input type="checkbox"/>	Voltarol						
		<input type="checkbox"/>	Birth control						
		<input type="checkbox"/>	Ear buds						