

## WHAT AND HOW TO PACK

### CHECKLIST

From pp122–3 of *The Intelligent Traveller*.

#### *These are must haves:*

- passport
- tickets
- visas (if needed)
- insurance documents
- itinerary and budget printouts
- photocopies of the front page of your passport, credit cards and other documents
- guidebooks and maps (consider razor cutting out the pages that you'll need from your guidebook to save on weight)
- medications and prescriptions
- spectacles and spectacle prescription
- sunglasses

#### *Some clothing items to keep in mind:*

- sun hat (crushable) or warm hat
- gloves and scarf
- waterproof jacket with a hood
- shawl
- polar fleece jacket
- vest (multi-pocket vests are handy)

#### *Other items that you might consider packing:*

- books, crosswords, pack of cards
- diary/journal/notebook and pen
- small pad and pencil
- camera, memory cards and charger
- mobile phone and charger
- small torch
- slim calculator
- small hand compass
- travel-size binoculars
- small bialletti coffee pot (I find this indispensable)
- sharp knife and corkscrew (also indispensable)
- water bottle (the collapsible bladder type is lighter and easier to pack)
- plastic lunch box (doubles as a safe way to bring home fragile souvenirs)
- soap or soap leaves, hand wipes
- small sewing kit and safety pins
- some first-aid items
- sunscreen
- plastic zip-lock bags
- cloth bag for food shopping
- small bottle of laundry detergent
- compact travel hairdryer
- shaver
- chamois-style sports towel and/or facewasher (quick-drying)
- power-point adaptor (suitable for your destination countries)
- small kettle or element for boiling water (depending on your destination)
- pegless clothes line