

New Escapologist Minimalist Packing List

WORN

- 1 t-shirt
- 1 shirt
- 1 bra ♀
- 1 pair pants
- 1 pair trousers
- 1 pair thin socks
- 1 pair thick socks
- Strong shoes or hiking boots
- Belt
- Cheap digital watch
- Modest wallet
- Money belt
- Card holder
- Debit card
- Credit card
- Passport
- Travel insurance certificate
- Destination cash
- Home country cash
- Airline ticket

DOCUMENTS

- Trip-specific admin papers
- Phrasebook
- Book to read
- Guidebook
- Notebook for travel journal
- Photocopies of passport, tickets, cards and insurance

CLOTHES

- 2 pairs pants
- 2 pairs thin socks
- 1 bra ♀
- 1 pair trousers
- 1 long-sleeved t-shirt
- 1 turtle-neck sweater
- Sun hat
- Waterproof jacket
- Waterproof leggings

LIQUIDS POLY ZIP BAG

- Liquids poly zip bag
- Lip balm
- Insect repellent
- Afterbite insect bite soother
- Sun cream
- Mini non-aerosol deoderant
- Hand cleaning gel
- Travel-size tube of toothpaste

NON-LIQUIDS POLY ZIP BAG

- Non-liquids poly zip bag
- House keys
- 1 pack tissues
- Toothbrush
- Dental floss
- Tampons ♀
- 3 pairs earplugs
- 3 pens

GENERAL

- 20 litre daysac
- Food for outward journey
- Sunglasses

COLD WEATHER

- Down jacket
- Long underwear
- Gloves
- Fleece
- 1 extra long-sleeved t-shirt

MAYBE

- Camera
- Camera batteries
- A5 document wallet
- Flight pillow
- Padlock
- Shower gel
- Itinerary