



Backpacking Checklist

The backpacking checklist by Ready To Leave was produced for you to use as a guide when preparing for your travels.

The items on the checklist are ones we feel would benefit you for every situation, but ultimately it is up to you to choose which things are most relevant to your specific trip.

When backpacking, try to tailor the items that you pack to the relevant location and climate and always try to pack the lightest and smallest possible items you can to save space and weight.

Bags:

Rucksack or roller bag
Foldaway day sack (for sight seeing)

Security:

Slash proof bags
Money belts
Belts with money compartments built in
Suitcase locks
Padlocks
Bag tags (easy i.d for your bag)

Clothing:

T-shirts
Jeans or long trousers
Shorts or skirts
Sarong
Underwear
Socks
Shoes, trainers
Sunglasses (UV Polaroid)
Shorts for swimming
Jacket (weather proof)
Hat or cap (sun protection)
Flip flops, thongs

Sleeping:

Sleeping bag (to suit the climate you are visiting)
Sleeping bag liner (anti insect ones are a good bet)
Portable pillow
Fleece sleeping bag liner (for colder climates or use on its own)
Mosquito bed net
Pillow case
Lightweight travel hammock

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Eating & Drinking:

Insulated mug/flask
Cutlery (foldaway is a good option)
Water bottle (that fits in a pocket of your backpack for easy access)
Mess tin (for eating your meals)
Can opener
Water purification tablets

Toiletries:

Shampoo/conditioner (2 in 1 for space saving)
Travel towel
Toiletry bag
Ear buds
Soap or shower gel
Razors
Body sponge or flannel
Toothbrush, toothpaste & floss
Deodorant
Face/body moisturiser
Sun cream
Lip balm
Multi vitamins
Condoms
Airline friendly nail clippers
Nail file
Roll of toilet roll

Survival Items:

Multi tool or penknife
Survival kit
Pocket sized chainsaw (for cutting wood if camping)
Water purifying straw
Gaffa tape
Candles
Light sticks
Emergency ration pack
Hypothermia blanket
Compact outdoor meals
Whistle
Torch
Compass
Mirror (for signalling)
Magnifying glass (fire lighting)
Mosquito netted hat
Waterproof matches
Flint and striker (for fire lighting)
Lighter

**Medical:**

First aid kit
Antiseptic spray
Insect repellent
Sterile medical kit
Travel sickness tablets

Useful Extras:

Travel clothes line
Portable bathroom plug
X-crease spray (keeps your clothes crease free)
Foldaway travel cap
Foldaway pocket storm coat (for those quick showers)
Alarm clock
Electric adaptor
Ear plugs
Calculator
Transparent wallets
Watch
Pocket dictionary
Diary/journal
Guide books
Document wallet
Plastic bags for dirty clothes
Music device
Camera/video camera
Sewing kit
International driving licence (if applicable)
Passport photos
Mobile phone
Frisbee or playing cards (or similar items for fun)
CV/Resume (if you need to work while away)
Reading books
Bandanna (for sun protection)
Batteries

Girls:

Rape alarm
Slash proof shoulder bag
Travel hairdryer
Travel straighteners
Tampons (take out box and carry in a waterproof bag)
Contraceptive pills (keep dry in a waterproof bag)