

# 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



## Ostomy specifics

- ☐ Ostomy bags (plus a few extra than normal in case of delays)
- ☐ Ostomy accessories (such as adhesive remover, skin barrier)
- ☐ Scissors (hold luggage only – not allowed in hand luggage – or pre-cut your baseplates before you leave)
- ☐ A small travel bag to keep your supplies with you when out and about
- ☐ Your Travel Card (which explains the reason for carrying supplies)
- ☐ Dry wipes
- ☐ Disposable bags
- ☐ Filter cover stickers for if you go swimming



## 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

- |  |   |  |
|--|---|--|
| <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    |

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# Packing List



Add you own things

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