

Trekking the Planet Packing List

Duffel Bag

Clothes / Accessories

Adventure pants	x
Adventure shirts - long	x
Adventure shirts - short	
Adventure underwear	x
Belt	
Boots	x
Gaiters	x
Glasses	x
Gloves	x
Gore-Tex jacket	x
Jeans	
Mosquito head net	x
Long underwear	x
Parka	x
Polar Tech hat	x
Shirts – casual (2)	
Sleep shirt	x
Sleep socks	x
Socks – thick	x
Socks – thin	x
Sunglasses	x
Swimsuit	
Tevas	x

Equipment

50- Liter Backpacks	x
Battery – phone (extra)	x
Battery – camera (extra)	x
Battery – Energizer Pack	x
Business cards	
Cable	
Collapsible Bag	x
Dry bag – Sea to Summit	x
Ear plugs	x
Reusable Grocery bag	
Headlamp/flashlight	x
Locks	
Pillow Case	x
Silk sheets	x
Sleeping bag	x
Sleeping bag cover	x
Sleeping bag pad	x
Tent	x
Towel	x
Tripod – small	
Walking sticks	x

For Trekking

Daypack

Camera
Earphones
International Certificate of Vaccination
International Drivers License
International Travel translator
Journal
Laptop
Laptop power
Lens cleaning kit
Maps
Money Belt
Passport
Pen
Phone
Phone battery charger
Phone cable
Phone power
Speakers/power/cable
Tripod – large
USB cable – camera
USB cable – mini
USB drive (2)
USB/SDHC adapter
USB drive (1TB)/cable/case
Visa pictures
Wallet
Wall power adapter

Sea Voyage

Belt – dress
Jacket (3)
Pants (4)
Shirts (4)
Shoes – dress
Socks (3)
T-Shirts (2)
Ties (4)
Underwear (2)

Trekking the Planet Packing List

<u>Duffel Bag</u>	<u>For Trekking</u>	<u>Daypack</u>	<u>Sea Voyage</u>
<u>Repair Kit/Emergency</u>			
Scissors			
Cable (repairs)			
Candle	x		
Clothes pins	x		
Compass	x		
Duct tape	x		
Extra pair of glasses			
Luggage belt (repairs)			
Nickel			
Iodine tablets	x		
Plastic bags			
Sewing kit			
Shoe laces			
Snake bit kit	x		
Stove repair kit	x		
Stove wind screen	x		
Sunglass strap			
Superglue	x		
Swiss army knife	x		
Zip ties			
<u>Toiletries</u>			
Antiperspirant	x		
Floss	x		
Hair brush	x		
Lens cleaner			
Lip balm	x		
Moleskin	x		
Nail clippers			
Razor			
Shampoo			
Shovel for potty	x		
Soap	x		
Sunscreen	x		
Toothbrush	x		
Toothpaste	x		
Toilet Paper	x		
Washcloth			
Wipes	x		
<u>First aid</u>			
Antibiotics	x		
Anti-malarial drugs			
Athlete's foot	x		
Cough drops			
DEET	x		
First aid kit	x		
<u>Food/Food Prep</u>			
Fuel bottle	x		
Matches/Lighter	x		
Plastic bowl	x		
Plastic cup	x		
Pot	x		
Spork	x		
Stove	x		
Water bottles (2)	x		