

TRAVEL REQUIREMENTS

[Not all these will be relevant to you &/or your destinations – adapt to suit your needs]

Adapters, Power for each country
[most of Europe uses the same]
Address Labels, preaddressed
Antibiotic, wide band
Auto Route Express CD
Band-Aids
Bags, plastic (wet clothes, shopping etc)
Bed Socks/Slippers
Books, paperback
2 pr Boots or Shoes (1 good; 1 walking)
Blouses, Shirts or Camis, 2 or 3
Boiler or Electric Travel Jug
3 Bras
Business Cards
Brush, hair
Camera
Cash (\$150 eq for each country)
Cash (Australian \$40 for emergencies/taxi on return)
Chargers for Mobile Telephone, Camera, Laptop etc
Coat
Comb
Compass, small for keying
Conditioner for Hair
Copies of Travel Documents (in check-in, carry-on, in pocket)
Cork Screw
Credit Cards
Cutlery, plastic (Qantas are good)
Deodorant [I use a stone]
Driver's Licence + International
Ear Plugs
Esky Bag, small & foldable
Glasses, for water or wine
Glasses, Eye & prescription
Gloves
GPS navigator, hand held/car
Guide Books
Hat or Sunshade
Handbag, tiny – better to use pockets in clothes
Immersion Heater or Jug
Itinerary, multiple copies – in check-in, carry on & extras
Jacket
Jewellery, costume

Jug, electric or Immersion Heater
Jumper or similar
Laptop
Leggings or sarong
Makeup
Makeup Remover
Maps
Mask, sleeping
Matches [toilet deodorant]
Medication & Prescriptions
Mobile Telephone [use as alarm clock] and Charger
Moisturiser, face & hand and body
Mug/s
Packing Tape – tear off – to send parcels home
Painkillers
Panty liners
Passport/s, spare photos & copies
Perfume
Photos of Family etc to share
Plates, flat & dessert
Prescriptions for medication
Power adapters
1 pr Pyjamas
Safety Pins
Sarong or leggings
Scarves
Scissors
Screwdriver, tiny
Sewing Kit
Shampoo
Shaving Things
Shoe Cleaner Pads
Shoes or Boots, 2
Shopping bag (blends in better with the locals than a backpack)
Shower Cap
Skirt, with lots of pockets [instead of jeans or shorts]
Slacks or Skirt, 1 [for formal wear]
Soap – small bottle, liquid [can refill with shampoo]
Socks &/or Stockings
Souvenirs from home (for gifts)
Spencers, 2/other warm undies
Stockings &/or socks
Sunglasses x 2
Sunshade or hat
Superglue
Swimming costume
Swiss Army Knife, small (check-in luggage only)
Tape measure

Tapes or CDs for Car & Walkman
Tape, packing – tear off
Telecard or other “Phone Home”
Tissues
Toothbrush & Toothpaste
Torch
Travel Documents & copies
Travel Guides
Umbrella
Underpants wear 1 & take 3
Vest, Travel, with inside pockets
Vitamins, Multi and C
Walkman with Earphones & Mini Speakers
Wash and Dry Hand Wipes
Throat Lozenges

Leave copies of Itinerary and Travel Documents at home, with family, friends & workmates. Send copies of Itinerary with Contact Names & Nos to everyone you plan to visit.

Remember to pack knives, sewing needles, screwdriver, Army Knife, cork screw in Check-In Baggage.

In carry-on, only 100mls containers (total 1000 mls) of liquids in approved ziplock plastic bag.

Buy small, coffee, tea, dried milk, nuts or nibbles at destination – save trouble at customs.

I found that in summer, the Travel Vest was too hot, so have replaced it with a short skirt with lots of button-down or velcro'ed pockets – no need for a handbag.

Skirts are acceptable everywhere – shorts are not.

*Remember that you need to:
Cover your shoulders in Italian & Spanish churches; cover up head, arms & legs in Muslim countries*

All of the above will fit comfortably into a 50 or 60 cm case. Take more clothes and you are only carrying around dirty washing. Wash undies etc out each night; take advantage of washing machines when available.