

Print it. Pack it. Go. | 7 categories • printable & interactive PDF

## ■ LUGGAGE & BAGS

- Suitcase / travel backpack
- Daypack / carry-on
- Packing cubes
- Toiletry bag
- Laundry bag
- Luggage lock & tag
- Ziplock bags

## ■ CLOTHING

- T-shirts (3–5)
- Long-sleeve top
- Warm fleece / jacket
- Jeans / shorts
- Underwear (7+)
- Socks (5+)
- Pyjamas
- Walking shoes
- Sandals
- Hat & sunglasses
- Swimsuit

## ■ TOILETRIES

- Toothbrush & paste
- Shampoo / conditioner (travel size)
- Body wash / soap bar
- Sunscreen SPF50+
- Insect repellent
- Deodorant
- Lip balm with SPF
- Hand sanitiser
- Hairbrush & ties
- Razor & spare blades
- Cotton buds
- Face moisturiser

## ■ HEALTH & FIRST AID

- Prescription meds (+ extra supply)
- Pain relief (paracetamol / ibuprofen)
- Antihistamines
- Motion sickness tablets
- Band-aids / plasters
- Antiseptic cream
- Rehydration sachets
- Thermometer
- Face masks

