



Intrepid's ultimate packing list

Our ultimate packing list should be used as a **guide only** and is not intended to be a complete packing list. Any other items that you wish to pack are at your own discretion; however, you should attempt to follow our suggested luggage weight limit of under 10kg/22lb. Some items on this list may not be necessary for your particular trip. What you bring will vary according to the trip style you've chosen, the countries you're visiting and when you're travelling. We recommend you check the details of your trip when deciding what to pack.

Please carefully consider the weather and time of year that you plan to travel.

Please see the **What to take** section of your Trip Notes, which will detail any specific requirements for your trip and the type and size of luggage that can be taken. If you are travelling overland in a safari vehicle then there are often specific luggage dimensions that you must adhere to.

Travel Documents

- Passport
- Visas required for this trip
- Travel insurance including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance)
- Flight tickets, e-ticket
- Trip confirmation voucher
- Photocopies of important documents - to be kept separately (we recommend you keep a copy at home as well and email a copy to yourself)
- Latest trip notes & other Intrepid country information
- Spare passport photos
- Youth/student card for travel discounts
- Seniors card for travel discounts
- International driving license if you plan to hire a car
- Diving license

Luggage

On the vast majority of our trips you are expected to carry your own luggage, although you will not be required to walk long distances with it (max 30 minutes). Most travellers carry their luggage in a backpack, though an overnight bag with a shoulder strap would be fine if you travel lightly. Please refer to the 'What to take' section of your Trip Notes for any specific luggage requirements. Smaller bags or backpacks with wheels are convenient but we recommend your bag has carry straps. You will also need a daypack/bag to carry water and a camera etc. for daytrips.

- Soft luggage, backpack or bag with wheels and straps
- Daypack
- Padlocks (and keys)



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Personal Health

- ☐ First aid kit
- ☐ Personal medication/prescriptions
- ☐ Prescription glasses
- ☐ Contact lenses and solution
- ☐ High protection sunscreen (25+)
- ☐ Lip balm/lip salve
- ☐ Hat/wide brim hat
- ☐ Sunglasses
- ☐ Insect repellent
- ☐ Antihistamine/insect bite cream
- ☐ Antibacterial gel/wipes
- ☐ Travel sickness tablets
- ☐ Travel vaccination certificates
- ☐ After-sun moisturiser
- ☐ Anti-malaria pills (if recommended by doctor)
- ☐ Aspirin and/or paracetamol
- ☐ Rehydration powder (salts & glucose)
- ☐ Anti-diarrhoea pills (consult your doctor for more detailed advice)

Money Matters

- ☐ Money (cash/credit cards)
- ☐ Travellers' cheques - keep a note of the serial numbers of your traveller's cheques and also the emergency contact numbers.
Keep these details separately from the cheques.
- ☐ Your trip kitty (in cash)
- ☐ Money belt or pouch
- ☐ Pocket calculator (useful when exchanging money)

Sleeping

- ☐ Eye mask
- ☐ Alarm clock
- ☐ Ear plugs
- ☐ Night clothes/sleepwear

Clothing

For longer trips we recommend you choose clothing that is easy to wash and fast drying. Women should bring a skirt that covers their knees and a scarf for visiting mosques, churches and other places of worship. Ex-military or military- style clothing and equipment is not recommended in many areas. If jungle trekking, or on a safari, it is recommend you wear beige, light green or light brown clothing. It's also a good idea to bring some smarter clothes for nights out.

- ☐ Warm anorak/sweater/microfleece
- ☐ Long-sleeved top (for evenings when mosquitoes are out)
- ☐ Long trousers (zip-off trousers are very versatile)
- ☐ Jeans/trousers/shorts
- ☐ T-Shirts/cotton shirts
- ☐ Socks/underwear
- ☐ Washing line
- ☐ Bio-degradable washing detergent

Camping

- ☐ Inner sleep sheet
- ☐ Travel pillow
- ☐ Thermarest/personal mattress
- ☐ Ground sheet (or polythene sheet) if you think you'll be sleeping under the stars.
- ☐ Warm sleeping bag (3 or 4 seasons)
- ☐ Head torch/lamp

Wet Weather

- ☐ Raincoat
- ☐ Small Umbrella
- ☐ Waterproof bags for rain protection while walking
- ☐ Waterproof & windproof jacket
- ☐ Waterproof trousers



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Walking or Hiking

- ☐ Comfortable walking shoes with good grip
- ☐ Sandals/flip-flops
- ☐ Hiking poles/walking sticks
- ☐ Maps
- ☐ GPS

Sightseeing

- ☐ Binoculars
- ☐ Camera equipment
- ☐ Film or memory cards
- ☐ Spare batteries/charger
- ☐ Dust proof camera bag
- ☐ Trekking socks

Travel Accessories

- ☐ DVT socks
- ☐ Scissors/army knife
- ☐ Comfortable daypack to carry your personal needs during the day
- ☐ Local language phrase book or download our Language Guides
- ☐ Personal audio player
- ☐ Portable games/playing cards
- ☐ Reading material
- ☐ Water bottle
- ☐ Pen/paper
- ☐ Travel pillow
- ☐ Journal/diary
- ☐ Cloth/reusable shopping bag to reduce plastic bags
- ☐ Torch/flashlight
- ☐ Water purification method & iodine taste neutraliser if required
- ☐ Photos or postcards of your home country/family pets to share with locals
- ☐ Electrical adapter for the country you are travelling to

Winter or Extreme Weather

- ☐ Thermal underwear or base layers
- ☐ Beanie/woolly hat/balaclava
- ☐ Gloves (inner and outer layers)
- ☐ Hand warmers (camping shops stock small packages that create a chemical reaction that generates heat)

Personal items

- ☐ Toiletries
- ☐ Travel hair dryer
- ☐ Shaving equipment
- ☐ Bath towel
- ☐ Mobile phone - check you have international roaming access
- ☐ Rubber flip-flops for showers
- ☐ Small mirror
- ☐ Small sewing kit & safety pins

Swimming

- ☐ Swimming costume
- ☐ Swimming towel
- ☐ Snorkel & mask

