Check List
Travel

This list is designed to help you keep track of all the things that you take with you on your travels. Not everything will be appropriate to your trip, but we have covered all of the major items that you should consider. We have left space at the end to add extra items.

LIFESYSTEMS recommends.....

What I Need	What I Have	Packed	Documents...
☐	☐	☐	Tourist visa
☐	☐	☐	Valid passport + photocopy
☐	☐	☐	Currency
☐	☐	☐	Airline tickets
☐	☐	☐	Embassy contact details
☐	☐	☐	Travel Insurance
☐	☐	☐	Vaccination records
			Equipment...
☐	☐	☐	Travel Pack
☐	☐	☐	Day Pack
☐	☐	☐	Security Wallet
☐	☐	☐	Luggage locks
☐	☐	☐	Phrase book
☐	☐	☐	Washbag
☐	☐	☐	Travel Towel
☐	☐	☐	All purpose Soap
☐	☐	☐	Gaffer tape / repair kit
☐	☐	☐	Sleeping bag liner
☐	☐	☐	First aid kit (including sterile set)
☐	☐	☐	Stuff sacks
☐	☐	☐	Guide book
☐	☐	☐	Electrical adaptor
☐	☐	☐	Insect repellent
☐	☐	☐	Mosquito Net
☐	☐	☐	Sun cream

What I Need	What I Have	Packed	Equipment (continued)...
☐	☐	☐	Water purification tablets/filter
☐	☐	☐	Travel clothes line
☐	☐	☐	Mobile phone & charger
☐	☐	☐	Wet wipes
☐	☐	☐	Head torch
☐	☐	☐	Batteries
☐	☐	☐	Sunglasses
☐	☐	☐	Ear plugs
			Clothing...
☐	☐	☐	Lightweight, easy to clean clothing
☐	☐	☐	Cotton T-shirts/shirts
☐	☐	☐	Shorts/lightweight trousers
☐	☐	☐	Lightweight fleece
☐	☐	☐	Lightweight waterproof
☐	☐	☐	Lightweight trekking shoes/boots
☐	☐	☐	Sandals
☐	☐	☐	Sunhat
☐	☐	☐	Thermal hat
☐	☐	☐	.....
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