

# Backpacking Checklist: What to bring with you

## Clothes

- 7 pairs of underwear
- 7 pairs of socks
- 5 t-shirts
- 2 sweaters or hoodies (layering!)
- 1 swimsuit
- 1 plastic raincoat
- 1 pair of jeans
- 1 pair of long pants
- 1 pair of shorts
- 1 pair of comfortable sneakers
- 1 pair of flip-flops

## Toiletries

- A toothbrush
- Toothpaste
- Deodorant
- Travel-size shampoo/conditioner
- Travel-size bar of soap
- Travel-size shaving cream and razor (or go natural)
- Hair ties or clips (if you have long hair)
- Tampons or pads (if you have a uterus)
- Mini first aid kit
- Pain reliever and antihistamine

## Technology

- Smartphone (your personal mail service, navigator, camera, and travel agent)
- GPS (if you are going phoneless, or want a backup)
- Portable power bank (10,000 mAh minimum)
- Local sim card or travel plan
- Universal adaptor
- Lock