=MC's= Travel Check List V 1.1 2008/03/19

Clothes	
2x Trousers/Skirt/Shorts	
4x (T)Shirts	
3+ Underwear	
3+ Socks	
Fleece/Sweater	
Swimsuit	
Rainwear / Umbrella	
NeckTie, Bandana, Scarf	
Gloves, Hat, Cap	
Dressy/Walking Shoes	
Sandals	
Belt	

Money & Documents	
Passport, Visas	
4x Photos	
Insurance/Health Docs	
Copy (Scan) of documents	
ID/Driving license	
ATM / Credit card	
Money	
Extra (Security) Wallet	
Travel Tickets	
Maps, Guides, Plans	
Telephone Card	
Book(s)	
Envelopes	
Waterproof Document folder	

Equipment / Tools	
Flashlight, batteries	
Multi-tool (Swiss Army)	
Compass, Whistle	
Cord, fish line	
lighter,matches(wp),candle	
Rubber Door Stop	
Fork / Chopsticks	
Safety Pins, Sewing Kit	
Rubber Bands, Cable Ties	
Duct Tape	
Condoms	
Dark/Sun Glasses	
Ear Plugs	
Pen, notebook, Paperclips	
Addresses & Phone Numbers	
Bandana	
Insect Repellent (Net)	
Thermos	

Gizmos	
Camera (case...)	
Memory Card (spare, ...)	
Batteries (& charger)	
Cell Phone (& charger)	
PDA (& charger)	
Allarm Clock / Watch	
MP3 Player / Headphones	
Plug Adapter	

Toilet	
Tooth brush/paste, floss	
Razor,blades,cream	
Comb, Hair stuff, Mirror	
Soap, Shampoo, deodorant	
Towel	
Universal sink stopper	
Toilet Paper, Seat cover	
Wipes	

Health	
Analgesic (strong)	
Diarrhea treatment	
Infection treatment	
Sunscreen, Lip Balm	
Plasters, Blister Pads	
First Aid Kit, Tape	
Antiseptic	
Antihistamine	
Paracetamol	
Medical treatment, Cures	
Menstrual, Contraceptives	
Vitamins, Salts	
malaria treatment	

Food	
Chewing Gums, Candies	
Tea/Coffee filter	
Snacks, Honey, Chocolate	
Food, Fruit	

Luggages & C.	
Main Luggage	
Luggage Locks Cable/Spring	
Plastic Cable Ties	
Day Backpack	
Last Minute Bag	
Inflatable Travel Pillow	
Sleeping bag	
Hostel Sheet bag	
Ziplock Plastic Bag	

Before You Leave	
Wash Dishes	
Clean Home, Drop Trash	
Confirm Airline Tickets	
Confirm Hotel Reservation	
Confirm Car Parking	
Change/Prepare Money	
Recharge Batteries	

...and...	