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Backpacking Trip Checklist

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Documents

- Passport (valid 6+ months)
- Visa copies
- Travel insurance printout
- Emergency contacts list
- Photocopies of all documents (separate from originals)
- Vaccination record (if required)

Money

- Debit card (no foreign transaction fees)
- Credit card (backup)
- Some local currency cash
- Money belt or hidden pouch

Electronics

- Phone + charger
- Universal power adapter
- Portable battery pack
- Earbuds
- Kindle or paperback book

Clothing (keep it minimal)

- 3 t-shirts (quick-dry)
- 2 shorts or pants (one convertible)
- 1 long sleeve
- 1 rain jacket (packable)
- 1 warm layer (fleece or down)
- 5 underwear
- 3 pairs socks
- Flip flops/sandals
- Walking shoes (broken in)
- Swimsuit

Toiletries

- Toothbrush + travel paste
- Small shampoo/body wash
- Sunscreen
- Deodorant
- Razor
- Microfiber towel

Gear

- 40-50L backpack
- Packing cubes
- Packable daypack
- Padlock (for hostel lockers)
- Dry bag
- Water bottle

Health

- First aid basics
- Personal medications
- Melatonin (jet lag)
- Hand sanitizer
- Earplugs + eye mask