



PACKING CHECK LIST:

This is a possible list of things to take with you to South America that we have made over years of experience of many independent travel. Obviously this list is purely indicative and should be adjusted to suit your personal preferences, way to travel and chosen destination.

BON VOYAGE!!

The team of Connecting Worlds

- **DAY:**
 - Backpack
 - Day pack

- **FIRST AID:**
 - Medical kit
 - Sterile kit
 - Dental kit

- **SUGGESTED ADDITIONS TO MEDICAL KIT:**
 - Sachets of re-hydrate
 - Wound closure strips
 - Paracetamol
 - Antibiotic cream
 - Anti-diarrhoea medicine
 - Anti-fungal foot powder
 - Motion sickness medication
 - Throat lozenges
 - Vitamins
 - Sharp ended tweezers
 - Medic Alert identification
 - Pointed scissors
 - Water purification tablets
 - Thermometer

- **NIGHT**
 - Sleeping bag
 - Sleeping sheet

- **EQUIPMENT**
 - iPod / MP3 / CD Player
 - Camera (digital)
 - Film (if non digital)
 - Mobile phone
 - Charging units



PACKING CHECK LIST:

- Travel adapter
- **SECURITY**
 - Personal alarm
 - Money Belt
 - Combination padlocks
 - Wrapsafe
- **MONEY FINANCES**
 - Pre-paid card (BackpackerMoney)
 - Travellers Cheques
- **WASHBAG**
 - Washbag (with hook)
 - Travel towel
 - Tooth brush guard
 - Universal sink plug
 - Peg free clothes line
 - Travel wash (for clothes)
 - Travel toothbrush
 - Tooth Paste
 - Suncream (once a day)
 - Shampoo(Conditioner)
 - Shaving staff
 - Sewing Kit
 - Ear plugs
 - Contraception
 - Tissues (big box)
 - Lip balm
 - Safety pins
 - Flannel
 - Female sanitary
 - Brush or comb
 - Deodorant
 - Condoms
 - Toilet paper
 - Wet wipes
 - Dental floss
 - Moisturiser
 - Nail clippers



PACKING CHECK LIST:

• BITE AVOIDANCE

- Mosquito net
- Bite clicker
- DEET repellent
- Electronic repellent

• USEFUL GADGETS

- Penknife
- Small Maglite torch
- LED
- Head torch
- Spare batteries
- Knife
- fork/spoon set
- Eye shade
- Inflatable neck pillow
- Compass

• CLOTHES

- Lightweight long sleeved shirt (hemp?)
- Travel trousers
- Moisture management shirt
- Sun hat / cap
- Travel sandals
- Trekking shoes
- Mac-in-a-sac
- Poncho
- Underwear
- Shorts
- Belt
- T Shirts
- Swimming 'things'
- Cotton shirts
- Jeans
- Long sleeved T Shirts
- Sweater
- Sarong

• FEMALE...

- Going out staff
- Smart work clothes
- Smart shoes / sandals Sarong / wrap



PACKING CHECK LIST:

• MALE

- Smart work clothes
- Smart going out stuff
- Girlfriend? / Mum?

• COLD

- Woolly hat
- Scarf and gloves
- Thermal underwear

• PAPERWORK

- Books
- Phrasebook
- Address book
- Telephone card
- Job reference letter Family / home life photos
- Diary (fill in birthdays / and important dates)

OTHER USEFUL ÍTEMS

- Re-sealable bags
- Large black bin bag
- A ball of string Balloons + pens (for kids you meet)

GENERAL

Make a list of the following and photocopies of each to your parents and a trusted mate. Ask them to put them in a safe place in case you need to contact them. Also take a set with you.

- Drivers licence
- Embassy Addresses
- Serial number of tickets
- International Drivers Licence
- Glasses/contact lens prescription
- Passport number and date issued
- Serial numbers of travellers cheques
- Serial numbers on valuables e.g. cameras
- Youth Hostel card / other membership
- All insurance details & emergency contacts
- Credit card numbers: Do not take copies with you!
- Emergency numbers to contact: Do take copies with you!
- Emergency Numbers
- 'Car Breakdown Club' card



PACKING CHECK LIST:

• ESSENTIALS

- Passport
- Flight tickets
- Bus / coach tickets / passes
- Visas
- Immunisation record
- Travel Insurance
- Diary
- Address Book
- All emergency numbers
- Passport photos (min of six)
- Pens
- Glasses/contact lenses
- Prescriptions
- Medications
- Photocopies of documents
- Sunglasses
- Identity cards (student + other)
- Discount cards

