GAP YEAR SURVIVAL / FREE DOWNLOAD

Packing List

A flexible packing checklist designed to keep the bag useful, light and easy to manage.

How to use this guide
Work through each section, tick items off, and add your own notes. Recheck details close to departure because requirements can change.

Documents and money

[ ] Passport and required travel documents

[ ] Travel insurance details

[ ] Payment cards plus a backup payment method

[ ] Small amount of suitable cash where useful

[ ] Copies of bookings, emergency contacts and key addresses

Core clothing

[ ] Comfortable everyday tops

[ ] Lightweight trousers or shorts appropriate to destination

[ ] Underwear and socks

[ ] One warm layer

[ ] Light rain layer

[ ] Sleepwear

[ ] Swimwear if relevant

[ ] One smarter outfit if useful

Footwear

[ ] Comfortable walking shoes

[ ] Lightweight second pair such as sandals or trainers

[ ] Appropriate specialist footwear only if your itinerary requires it

Health and toiletries

[ ] Regular prescribed medication

[ ] Basic first-aid items suited to your trip

[ ] Sun protection

[ ] Insect repellent where appropriate

[ ] Toothbrush and travel-size toiletries

[ ] Hand sanitiser

[ ] Reusable water bottle where safe and practical

Tech

[ ] Phone and charging cable

[ ] Plug adaptor suitable for destinations

[ ] Power bank compliant with your carrier rules

[ ] Headphones

[ ] Optional laptop/tablet only if genuinely needed

[ ] Downloaded offline maps and essential travel information

Useful small items

[ ] Small day bag

[ ] Padlock

[ ] Laundry bag

[ ] Quick-dry towel if your accommodation requires one

[ ] Reusable tote or foldable bag

[ ] Pen

[ ] A few zip bags or organisers

Before closing the bag

[ ] Check airline or transport baggage limits

[ ] Remove items that are prohibited by your carrier or destination

[ ] Keep valuables, documents and essential medication in hand luggage

[ ] Leave some spare space rather than packing to capacity

[ ] Label luggage without displaying unnecessary personal information

Packing needs vary by climate, activities and destination. Check carrier restrictions and destination rules before travel.

Adventure awaits - you have got this.