

UNIVERSAL PACKING LIST

ALL YOU MIGHT EVER NEED FOR AN EXODUS ADVENTURE!

This exhaustive packing list will ensure you don't forget any key items, but this is just a prompt - you will definitely **not** need everything shown below! Use this list in conjunction with your 'Trip Notes' to ensure you pack what is essential for your adventure.

Responsible travel is important as we seek to ensure both people and nature thrive in our destination communities. By following our sustainable packing suggestions and making informed product choices, you can relax knowing that you are exploring the world more responsibly.

Please see the items below in **green** that could be replaced with either reusable / plastic free / biodegradable / non-toxic / chemical free alternatives.



GENERAL

Luggage

- ☐ Reusable water bottle
- ☐ Kitbag, hold-all or suitcase
- ☐ Daypack
- ☐ Shopping bag
- ☐ Stuff sacks
 - Waterproof liner for kitbag
- ☐ or rucksack
- ☐ Padlocks
- ☐ Luggage labels or ID tags
- ☐ Laundry bag
- ☐ Reusable coffee cup (keep cup)
- ☐ Reusable cutlery

Documents

Consider saving these electronically on your device.

- ☐ Document wallet or moneybelt
- ☐ Passports (and visas)
- ☐ Vaccination certificates
- ☐ Travel Insurance documents
- ☐ Local or hard currency
- ☐ Cashcards
- ☐ Boarding pass
- ☐ Map, guidebook & novel
- ☐ Notebook & pen

Gadgets

- ☐ Mobile phone & charger
- ☐ Universal travel plug adapter
- ☐ Binoculars
- ☐ GPS

Photography

- ☐ Camera & lenses
- ☐ Memory cards
- ☐ Spare batteries & charger - consider using rechargeable batteries

Sleeping

- ☐ Cotton sleeping bag liner
- ☐ Mosquito net
- ☐ Alarm clock
- ☐ Ear plugs
- ☐ Pyjamas

Clothing

- ☐ Waterproof/windproof jacket
- ☐ Trousers
- ☐ Shorts/skirts
- ☐ T-shirts
- ☐ Shirts/blouse
- ☐ Fleece
- ☐ Underwear & socks
- ☐ Swimwear
- ☐ Sunglasses
- ☐ Sunhat

Shoes

- ☐ Walking boots
- ☐ Trainers or walking shoes
- ☐ Sandals
- ☐ Evening shoes

Bathroom & Hygiene

- ☐ Washbag
- ☐ Toothbrush & toothpaste
- ☐ Shampoo & conditioner
- ☐ Soap or shower gel
- ☐ Razor & shaving cream
- ☐ Contact lenses & solution
- ☐ Moisturiser
- ☐ Travel towel
- ☐ Antiseptic hand-gel
- ☐ Female sanitary products

Health & Medical

- ☐ First aid kit
- ☐ Painkillers, cold & flu medicine
- ☐ Imodium & rehydration salts
- ☐ Personal medication
- ☐ Insect repellent
- ☐ Malaria Tablets
- ☐ Sun screen & lip balm
- ☐ Antiseptic wipes



TREKKING, WINTER & POLAR

Trekking Clothing

See General, plus...

- ☐ Down jacket
- ☐ Waterproof trousers & gaiters
- ☐ Breathable wicking layers
- ☐ Thermal underwear
- ☐ Walking socks
- ☐ Warm hat
- ☐ Gloves or mittens

Trekking Kit

- ☐ Waterproof rucksack cover
- ☐ Map & compass
- ☐ Walking poles
- ☐ Water bottles/hydration system
- ☐ 'Leave at base' bag

Health & Medical

See General, plus...

- ☐ Blister kit
- ☐ Antibiotics
- ☐ Water purification
- ☐ Energy bars & snacks
- ☐ Food containers & spork



CAMPING

Sleeping

See General, plus...

- ☐ Sleeping bag
- ☐ Travel pillow or pillowcase
- ☐ Thermarest or sleeping mat
- ☐ Head torch & batteries

Bathroom & Hygiene

See General, plus...

- ☐ Soap
- ☐ Washing Line
- ☐ Sewing kit
- ☐ Wet wipes
- ☐ Toilet paper



CYCLING

Personal Clothing & Kit

- ☐ Cycling helmet
- ☐ Cycling gloves
- ☐ Cycling shorts (padded)
- ☐ Cycling shoes
- ☐ Sunglasses or eye protection
- ☐ Reusable water bottles or hydration system
- ☐ Small backpack or bum bag

Bike kit

- ☐ Mini pump & tyre levers
- ☐ SPD pedals & shoes
- ☐ Own saddle or gel saddle cover
- ☐ Speedometer

For more tips on how to pack and travel responsibly, click [here](#).