

# 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.

Sustainable travel is important for the people we meet, places we visit and planet we explore. By following our sustainable packing suggestions and making informed product choices, you can relax knowing that you are exploring the world more responsibly.



### GENERAL

#### Luggage

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

#### 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

Follow our colour guide to see where you can use sustainable alternatives:

- ☐ **GREEN** - swap these items for plastic free or biodegradable alternatives
- ☐ **YELLOW** - swap plastic products for products made with re-usable, sustainable materials
- ☐ **PURPLE** - purchase non-toxic/chemical free alternatives