

From the “One Bag” Web Site

What to Pack (on a Trip of any Length)

What to pack when travelling? An old adage suggests bringing half as much clothing and twice as much money. This is a list of the **maximum** amount of stuff one should ever need to cart around (and all of it—except for what you’ll be wearing—will fit into a single carry-on-sized bag). Eliminate items whenever possible. Minimize clothing by selecting a uniform (one or two) colour scheme. Choose fabrics carefully: natural fabrics wrinkle more easily and dry more slowly than modern synthetics. Learn to “bundle wrap”, to avoid wrinkles and save space. And remember that there are two kinds of luggage: carry-on and lost (aka “mishandled”).

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| <ul style="list-style-type: none"> dressy jacket 2-4 shirts/blouses/tops 2 pairs trousers/skirts (shorts?) 3+ pairs socks 3+ pairs undergarments long (lightweight) underwear swimsuit dark (cardigan) sweater rainwear (umbrella?) parka, coat, or equivalent long T-shirt or sarong (nightclothes?) necktie, scarf, shawl, hairband, bandanna gloves / mittens sun hat / knitted cap, hat clip 1 pair dressy shoes (laces?) 1 pair walking shoes/boots (laces?) flip-flops or sandals belt <hr/> <ul style="list-style-type: none"> travel pack or shoulder bag (& luggage cart?) daypack (fanny pack? purse?) lightweight duffel/laundry bag luggage lock(s) (cable?) <hr/> | <ul style="list-style-type: none"> alarm clock/watch (batteries?) flashlight, headstrap, extra batteries (bulbs?) knife, screwdrivers, pliers, scissors spoon (fork? chopsticks? spork?), (coffee tin lid) plate or bowl compass whistle door lock inflatable travel pillow sleep sack (sleeping bag? bivouac sack? blanket? tent?) <hr/> <ul style="list-style-type: none"> safety pins, cord, fasteners sewing kit, including large needle to accommodate dental floss (Ziploc®) plastic bags, garbage bags repair tape (packing tape? glue?) <hr/> <ul style="list-style-type: none"> toothbrush, cap, tooth cleaner, floss razor, blades, shaving oil/cream comb and/or hairbrush shampoo, bar soap & container deodorant nail clippers [unbreakable] mirror viscose towel (washcloth?) <hr/> |
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- universal (flat) sink stopper
- detergent, spot remover
- (surgical latex braid) clothesline (carabiner?)
- inflatable hangers [to dry clothes]
- toilet paper, water squirt bottle, antibacterial wipes
- (chemical or mechanical) water purifier
- analgesic of choice
- diarrhea treatment of choice
- infection treatment of choice
- malaria tablets
- insect repellent, mosquito net
- sunscreen, lip balm
- tweezers
- bandages (other first aid?)
- menstrual, contraceptive, and/or prophylactic supplies
- vitamins, necessary medications
- (collapsible) plastic water bottle & cup
- dark glasses, retainer, case
- lens cleaning cloth/supplies, copy of prescription (spare glasses?)
- earplugs (eye mask?) [to ease sleep]
- pen(s), small notebook, glue stick [for notes, addresses, diary, ...]
- personal address book (stamps?)
- maps, guidebooks, phrase books, Post-it® notes, restaurant lists, membership cards, business/calling cards, telephone access numbers
- reading material
- large envelopes [to mail things home]

- passport, visas, extra passport photos, vaccination certificates
- copies of important documents (international?) driver’s license, health insurance information
- travel tickets
- charge & ATM cards, cash (traveller’s cheques?)
- 2 personal cheques
- security pouch [worn under clothes]

Specialty Items:

- camera (lenses? flash? tripod? extra cards & batteries? charger? download adapter?)
- cellular telephone (charger?)
- laptop computer (flash drive? power cord/adapters? network cable(s)?)
- jump rope
- (solar) calculator
- foodstuffs
- gifts

For a detailed explanation of the items (and philosophy) on this list, visit:

OneBag.com

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