

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 carryon-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: carryon and lost.

dressy jacket	alarm clock/watch (batteries?)
2 pairs trousers/skirts (shorts?)	flashlight, headstrap, extra batteries (bulbs?)
2-4 shirts	multipurpose tool, scissors
swimsuit	spoon (fork? chopsticks? spork?), (coffee tin lid) plate
dark (cardigan) sweater	compass
rainwear (umbrella?)	whistle
parka, coat, or equivalent	rubber door stop [for security]
3+ pairs socks	inflatable travel pillow
3+ pairs undergarments	hostel sheet bag (sleeping bag? bivouac sack? blanket? tent?)
long (lightweight) underwear	<hr/> safety pins, rubber bands, cord
long T-shirt or sarong [cover-up]	sewing kit, including large needle to accommodate dental floss
necktie, scarf, hairband, bandanna	(Ziploc®) plastic bags, garbage bags
gloves / mittens	<hr/> duct (or gaffer’s) tape
sun hat / knitted cap, hat clip	toothbrush, tooth cleaner, floss
1 pair dressy shoes (laces?)	razor, blades, shaving oil/cream
1 pair walking shoes/boots (laces?)	comb and/or hairbrush
flip-flops or sandals	shampoo, bar soap & container
belt	deodorant
<hr/> travel pack or shoulder bag (& luggage cart?)	nail clippers
daypack (fanny pack? purse?)	[unbreakable] mirror
lightweight duffel/laundry bag	(Viscose?) towel
<hr/> luggage lock(s) (cable?)	

universal (flat) sink stopper	passport, visas, extra passport photos, vaccination certificates
detergent, spot remover	copies of important documents
(surgical rubber braid) clothesline	(international?) driver’s license, health insurance information
<hr/> inflatable hangers [to dry clothes]	travel tickets
toilet paper, water squirt bottle, antibacterial wipes	charge & ATM cards, cash, traveller’s cheques
(chemical or mechanical) water purifier	2 personal cheques
analgesic of choice	<hr/> security pouch [worn under clothes]
diarrhea treatment of choice	Specialty Items:
infection treatment of choice	camera (lenses? flash? tripod? film? extra batteries? charger? download adapter?)
malaria tablets	cellular telephone (charger?)
insect repellent, mosquito net	laptop computer (flash drive? power cord/adapters? network cable(s)?)
sunscreen, lip balm	(solar) calculator
bandages, moleskin (other first aid?)	<hr/> gifts
menstrual, contraceptive, and/or prophylactic supplies	
vitamins, necessary medications	
<hr/> (collapsible) plastic water bottle & cup	
dark glasses, retainer, case	
lens cleaning cloth/supplies, copy of prescription (spare glasses?)	
<hr/> 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	
<hr/> large envelopes [to mail things home]	

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

www.OneBag.com

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