

# PACKING LIST

---

## Product specifics

- |   |  |
|---|--|
| <input type="checkbox"/> Catheters (always pack extra)      | <input type="checkbox"/> Extra underwear and maybe extra pants |
| <input type="checkbox"/> Antibacterial gel or hand wash     | <input type="checkbox"/> Paper towels or tissues               |
| <input type="checkbox"/> Pads in case of unexpected leakage | <input type="checkbox"/> Your Travel Card                      |
| <input type="checkbox"/> Plastic bags (for used products)   | <input type="checkbox"/> Handheld mirror                       |
| <input type="checkbox"/> Disposable gloves                  | <input type="checkbox"/> Wet wipes/ towelettes                 |
- 

## Must-haves

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Passport and visa   | <input type="checkbox"/> Cash in local currency | <input type="checkbox"/> Insurance information |
| <input type="checkbox"/> Reservation details (hotel, flight/train, pre-booked trips) |   |  |
- 

## Personal items & hygiene

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Shampoo & conditioner  | <input type="checkbox"/> Sunscreen & after sun lotion |
| <input type="checkbox"/> Contact lenses          | <input type="checkbox"/> Face wash & mouth wash | <input type="checkbox"/> Floss                        |
| <input type="checkbox"/> Cosmetics (and remover) | <input type="checkbox"/> Hairbrush or comb      | <input type="checkbox"/> Antibacterial gel            |
| <input type="checkbox"/> Razor & shaving cream   | <input type="checkbox"/> Deodorant & perfume    | <input type="checkbox"/> Nail clippers                |
| <input type="checkbox"/> Lip balm                | <input type="checkbox"/> Hair dryer             | <input type="checkbox"/> Feminine hygiene products    |
- 

## Medications & health

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Allergy pills | <input type="checkbox"/> Prescriptions | <input type="checkbox"/> Bandages      |
| <input type="checkbox"/> Vitamins      | <input type="checkbox"/> Pain killers  | <input type="checkbox"/> First-aid kit |

## Clothing & accessories

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Swim suit            | <input type="checkbox"/> Hat                       | <input type="checkbox"/> Beach cover-up |
| <input type="checkbox"/> Pants & shorts       | <input type="checkbox"/> Dresses                   | <input type="checkbox"/> Underwear      |
| <input type="checkbox"/> Socks & stockings    | <input type="checkbox"/> Shirts & t-shirts         | <input type="checkbox"/> Belt           |
| <input type="checkbox"/> Jacket (& rain coat) | <input type="checkbox"/> Sleep wear                | <input type="checkbox"/> Ski underwear  |
| <input type="checkbox"/> Scarfs               | <input type="checkbox"/> Watch & jewellery         | <input type="checkbox"/> Sunglasses     |
| <input type="checkbox"/> Gloves               | <input type="checkbox"/> Sneakers, boots & sandals |   |
- 

## Going away with the family

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Playing cards & games | <input type="checkbox"/> Crayons and markers | <input type="checkbox"/> Children's books  |
| <input type="checkbox"/> Toys                  | <input type="checkbox"/> Stroller            | <input type="checkbox"/> Dolls and teddies |
- 

## Going to the beach

- |                                     |                                      |   |
|-------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Beach bag  | <input type="checkbox"/> Beach towel | <input type="checkbox"/> Umbrella       |
| <input type="checkbox"/> Book       | <input type="checkbox"/> Music       | <input type="checkbox"/> Water and food |
| <input type="checkbox"/> Beach ball | <input type="checkbox"/> Beach toys  | <input type="checkbox"/> Flip flops     |
- 

## Big city holiday

- |                                   |  |                                    |
|-----------------------------------|--|------------------------------------|
| <input type="checkbox"/> City map | <input type="checkbox"/> Walking shoes | <input type="checkbox"/> Back pack |
|-----------------------------------|--|------------------------------------|
- 

## Outdoor holiday

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Practical shoes | <input type="checkbox"/> Camping stove/fuel | <input type="checkbox"/> Lighter             |
| <input type="checkbox"/> Sleeping bag    | <input type="checkbox"/> Tent               | <input type="checkbox"/> Fast drying clothes |
| <input type="checkbox"/> Trekking poles  | <input type="checkbox"/> GPS / compass      | <input type="checkbox"/> Insect repellent    |
- 

## Going skiing

- |   |                                    |                                     |
|---|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Skis and poles | <input type="checkbox"/> Ski boots | <input type="checkbox"/> Snowsuit   |
| <input type="checkbox"/> carapace       | <input type="checkbox"/> goggles   | <input type="checkbox"/> Ski helmet |

## Travelling by plane

- Books & magazines
  - Inflatable pillow
  - Earplugs
  - Eye mask
  - Small bag for liquids
  - Small cans for liquids (maximum 100ml in your carry-on)
- 

## Gadgets

- Camera and charger
  - Phone, tablet
  - Music player / MP3
- 

## Various

- Address book
  - Sewing kit
  - Swiss army knife
- 

## Add you own things

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>