Global News Agency Packing List

Essentials

- ❑ Suitcase
- ❑ Shoulder bag/Day pack
- ❑ Address labels for the luggage
- ❑ International Student- /ID card and driving licence
- ❑ Wallet and Cash in the local currency
- ❑ Travellers' cheques
- ❑ Passport
- ❑ Visa
- ❑ Tickets and itinerary
- ❑ Credit card and Phone card
- ❑ Guidebooks, Phrase books and Dictionaries
- ❑ Address list of important contacts or numbers
- ❑ Addresses for organisations
- ❑ Country facts form
- ❑ Cell phone/mobile
- ❑ _____
- ❑ _____

Toiletries

- ❑ Soap and Soap box
- ❑ Toilet paper
- ❑ Medicine and prescriptions
- ❑ Vitamin pills
- ❑ Shampoo and Conditioner
- ❑ Comb and Brush
- ❑ Toothbrush, toothpaste and dental floss
- ❑ Lip balm, Sunscreen and After sun cream
- ❑ Small towel
- ❑ Wetwipes
- ❑ Deodorant
- ❑ Earplugs
- ❑ Hair-drier
- ❑ Hair products
- ❑ Saline solution
- ❑ Contact lens equipment or glasses
- ❑ Sunglasses
- ❑ Tampons and Pads
- ❑ Make-up
- ❑ Anti-bacterial cream
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

Clothes. Do you need both casual and formal wear? Practical or nice? Warm or cold?

- ❑ Raincoat or poncho
- ❑ Comfortable walking shoes
- ❑ Dress shoes
- ❑ Sneakers
- ❑ Sandals
- ❑ Flip-flops
- ❑ Jumper, Sweater or Fleece
- ❑ Dress shirts
- ❑ T-shirts
- ❑ Jeans
- ❑ High heels
- ❑ Shorts
- ❑ Underwear
- ❑ Socks
- ❑ A good hat
- ❑ Gloves or mittens
- ❑ Handkerchief
- ❑ Belt
- ❑ Long underwear
- ❑ Swimming gear
- ❑ Pyjamas/Sleepwear
- ❑ Bathrobe and shower shoes
- ❑ Dresses
- ❑ Skirts
- ❑ Underklänning
- ❑ Stretch tights
- ❑
- ❑
- ❑ Ties
- ❑ Belt/brace
- ❑ Suit
- ❑ _____
- ❑ _____

Reporterequipment

- ❑ Camera
- ❑ Notebook & Pens
- ❑ Recorder
- ❑ Laptop

- ❑ Camcorder
- ❑ Press pass
- ❑ Cell phone/mobile _____
- ❑ _____

Campingequipment

- ❑ Sleeping bag
- ❑ Tent
- ❑ Snakebitekit
- ❑ Bottled water
- ❑ Cup
- ❑ Fork and spoon
- ❑ Cookingkit
- ❑ Oven and fuel
- ❑ Matchbox
- ❑ Insect and/or mosquito repellent
- ❑ First Aid Kit

- ❑ First Aid-information
- ❑ Band aids
- ❑ Water purifying tablets
- ❑ Waterfilter
- ❑ Swiss Army knife or Leatherman tool
- ❑ Boots
- ❑ GPS _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

Other Items

- ❑ Carbohydrate snacks
- ❑ Books and magazines
- ❑ Pack of cards
- ❑ Notebook & Pens
- ❑ Stationery, envelope and stamps
- ❑ Visiting card
- ❑ Inflatable travel pillow
- ❑ Protective blanket
- ❑ Sleeping mat
- ❑ Hangers
- ❑ Fishing Line
- ❑ Combo or key locks
- ❑ Universal Sink Plug
- ❑ Dish brush
- ❑ Electrical adapter and plug converter
- ❑ Batteries
- ❑ Binoculars

- ❑ Sleep sheet
- ❑ Flashlight or torch
- ❑ Watch and alarm clock
- ❑ Camcorder
- ❑ Travel iron
- ❑ Sewing kit with Safety Pins
- ❑ Umbrella
- ❑ Compass
- ❑ Safety Pins
- ❑ Plastic bags or Ziplock bags
- ❑ Duct Tape
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____