

Packing List

<Impt & General>

- Travel Insurance
(Take down insurance company emergency contact no. & policy no.)
- Passport
- Photocopy of Passport
- Air Tickets (print out)
- Foreign Currency
- Credit Card
- Itinerary (key contacts)
- Hotel vouchers
- Handphone
- Handphone Charger

<Personal Hygiene>

- Toothbrush
- Toothpaste
- Dental Floss
- Shampoo
- Conditioner
- Facial Wash
- Shower Foam / Soap Bar
- Shaver
- Towel
- Toilet Paper
- Tissue Paper
- Wet Tissue
- Moisturizer (Body and Face)
- Talcum Powder
- Lip Balm
- Comb
- Nail Cutter
- Contact Lens + Solution

- Extra Spectacles
- Spectacle hooks^
- Cotton Buds
- Sanitary Pads
- Hand Sanitizer

<Clothes & Personal Items>

- Undergarments / Briefs
- T-shirts and Shorts
- Long Sleeve Shirt*#
- Long Pants*#
- Fleece Jacket / Sweater / Pullover*
- Windbreaker*
- Scarf*
- Gloves*#
- Shoes
- Socks
- Slipper / Sandal
- Wet shoes^
- Swim wear^
- Cap / Hat
- Earplugs
- Cloth Hanger
- Washing Powder

<Outdoor Items>

- Daypack Bag
- Rain Cover for Bag
- Dry Bag*
- Pad-Locks & Keys
- Sun Block
- Sunglasses
- Insect Repellent

- Torchlight + Spare Batteries
- Poncho / Umbrella
- Watch
- Pen / Pencil
- Paper / Notebook
- Water Bottle / Water Bag
- Zip Lock Bags
- Plastic Bags

<Basic First-Aid>

- Paracetamol
- Flu Tablets
- Lozenges
- Charcoal Pills
- Antiseptic Cream / Spray
- Plaster
- Eye Drops
- Other Personal Medications

<Miscellaneous>

- List Of Impt Tel No. (E.g. Emergency, Credit Card Ctr)
- Home Keys
- Universal Power Adaptor
- MP3 + Earphones
- Camera
- Camera Spare Batteries
- Extra Camera Memory Card
- Novels
- Poker Cards & Games
- Food, Snacks and Sweets

**Highlands #Hiking ^Water Sports*