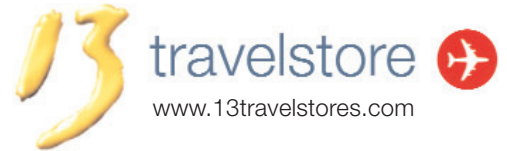


# The Gap Year Checklist



Made famous by the adventurous, infamous student Becoming ever popular with people from all walks of life looking for liberation and those taking general stock of their career paths and just to discover the world and all its trimmings.

- See basic list.
- Sunnies with good UV protection (function over form).
- Sun protection. Parasol/P20 (one application per day).
- Biodegradable soap.
- Hand sanitizer.
- Moisturizer (good for long flights).
- Sterile first aid kit (with disposable syringes).
- Mosi repellent containing deet 50/100% (natural alternatives are available for sensitive skin).
- Wash bag.
- Trek towel (lightweight) packable.
- Water bottle.
- Water purification i.e. iodine, chlorine, neutralizing tablets. (Trip/region dependant).
- Pocket Swiss army knife/leatherman (never in hand luggage when in transit, you risk confiscation/or worse).
- Torch with spare batteries (AA batteries are easier to find than most).
- Universal plug adaptor (these rarely convert current-unless weighing in like a power station).
- Travel clothes line.
- Pack down cubes (vacuum packs).
- Travel pack with optional/detachable day sack (rucksack).
- Permethrin treated mosi net.
- Sleeping bag with ability to go down to zero temperatures. (Synthetic bags tend to breath better in hot climates).
- Sleeping bag liner - cotton/silk/fleece. (Boost your bags range, hygienically very good pack size)? Easier to wash than your sleeping bag.
- 3 good pairs of socks (don't scrimp on this one). Sock liners cut down blisters and wick moisture effectively. Thermal liners also available.
- Underwear 3 minimum (unless you're a commando).
- Boardies, swim shorts, bikini, cosi.
- Cap/sunhat. Climate dependant.
- Shoes/boots (strong arch support) good soles protect your feet.
- Sandals/flip flops/amphibious trainers. breathable footwear.
- Packable waterproofs. (trousers dependant on climate).
- Skirt/long trousers possible zip off trousers (no, not the full monty type trousers).
- Sarong wrap (popular footballers making this item non gender specific. Swim wear).
- A few t-shirts. (Consider disposable/replaceable).
- Long and short sleeve shirt.
- Micro fleece (good warmth to weight ratio for those nipple twister evenings).
- Contraception for happy couples and those on the jungle prowl.
- Light weight wicking base layer with thermal properties (used for altitude and cold nights).
- Gloves (climate dependant).