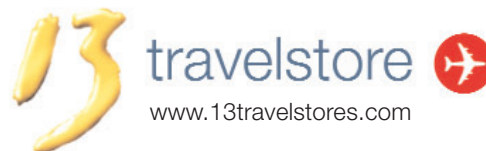


Round the World Checklist



You lucky devil. What wonders and natures beauty your get to see. This check list is for those Staying in cheap hotels/hostel, those wishing to take periods of casual work and extensive travel over long periods. On a period of self-discovery or just curious.

- | | |
|--|--|
| <input type="checkbox"/> See basic list. | <input type="checkbox"/> Boardies/swimshorts/bikini/cosi. |
| <input type="checkbox"/> Mosi-repellant with deet. (Natural substitutes for sensitive skin are available). | <input type="checkbox"/> Sarong/wrap for warmth and to cover the odd embarrassing bit. |
| <input type="checkbox"/> Sunnies with good UV protection. | <input type="checkbox"/> Cap/sun hat (climate dependant). |
| <input type="checkbox"/> Sunscreen. Parasol/P20 (once a day application). | <input type="checkbox"/> Shoes/boots, with strong soles for grip and protection. |
| <input type="checkbox"/> Biodegradable soap. | <input type="checkbox"/> Sandals - amphibious/breathable trainers. |
| <input type="checkbox"/> Hand sanitizer. | <input type="checkbox"/> Packable waterproofs (trousers dependant on climate). |
| <input type="checkbox"/> Sterile first aid kit. (Disposable syringes). | <input type="checkbox"/> Skirt/long trousers or even zip offs (form/function). |
| <input type="checkbox"/> Wash bag. | <input type="checkbox"/> Couple of t-shirts. |
| <input type="checkbox"/> Trek towel (lightweight). | <input type="checkbox"/> Long and short sleeve shirt. |
| <input type="checkbox"/> Water bottle. | <input type="checkbox"/> Micro Fleece - good warmth to weight ration for those nipple twister evenings. |
| <input type="checkbox"/> Water purification (trip/region dependant. I.e. iodine, chlorine, etc). | <input type="checkbox"/> Contraception for happy couples and wild nights. |
| <input type="checkbox"/> Water filter. (Trip dependant). | <input type="checkbox"/> Lightweight, wicking base layer with thermal properties. (Especially good for cold nights). |
| <input type="checkbox"/> Knife - Swiss army/leatherman. (Never store in hand luggage when in transit). | <input type="checkbox"/> Gloves - dependant on climate. |
| <input type="checkbox"/> Torch with batteries. (AA batteries are easier to find than most). | |
| <input type="checkbox"/> Universal plug adapter. | |
| <input type="checkbox"/> Travel clothes line. | |
| <input type="checkbox"/> Pack down cubes. | |
| <input type="checkbox"/> Travel bag with detachable day sack. (rucksack). | |
| <input type="checkbox"/> Permetherin treated mosquito net. | |
| <input type="checkbox"/> Sleeping bag with ability to go down to 0 degree temperatures. | |
| <input type="checkbox"/> Sleeping bag liner. (Easier to wash than a sleeping bag. Cotton/silk/fleece dependant on region, temperature required and pack size). | |
| <input type="checkbox"/> 3 good pairs of socks. (Don't scrimp on this one). | |
| <input type="checkbox"/> 3 pairs of underwear. (Unless you're a commando). | |

Always have a dress rehearsal well in advance of traveling. This enables you to cut down any unnecessary creature comforts which manifests itself as pack weight. Separate your needs from your wants. You can always send postcards home to your favourite teddy.