

## **“Explore Europe on Foot” Packing Checklist**

### **Clothing**

#### ***Trail Outfit***

- 2 pairs trail socks
- 1 pair trail underwear
- 1 pair walking pants, shorts or capris
- 1 short-sleeve trail shirt
- 1 long-sleeve full-zip trail shirt

#### ***Crossover Layers***

- 1 down vest
- 1 puffy jacket
- 1 pair long-underwear bottoms
- 1 lightweight rain shell
- 1 pair thin gloves
- 1 lightweight hat
- 1 thin scarf

#### ***Town Outfit***

- 1 pair town socks
- 1 pair town underwear
- 1 pair lightweight town pants or skirt
- 1 short-sleeve town shirt or top
- 1 lightweight sweater

#### ***Accessories***

- 1 pajama top or lightweight shirt
- 1 lightweight swimsuit
- 1 watch
- Small packing cubes, stuff sacks, compression sacks, plastic bags or other organizers

#### ***Options***

- Sports bra for the trail
- Convertible bra for town
- Lightweight travel dress
- Silver- or gold-colored hoops
- Long-sleeve button-down shirt and tie
- Heavier puffy jacket

- Thicker socks
- Warmer hat
- Warmer gloves
- Long-sleeve long-underwear top
- Rain pants
- Heavier rain jacket
- Long-sleeve sun shirt
- Sun hat

## **Footwear**

### *The Basics*

- Trail shoes
- Town shoes
- Plastic produce bags

### *Options*

- Lightweight sandals
- Traction devices
- Warmer town shoes

## **Toiletries and Medications**

### *The Basics*

- Travel toothbrush and cover
- Travel-size toothpaste
- Dental floss
- Shampoo
- Soap
- Deodorant
- Tweezers
- Nail clippers
- Sunscreen
- Travel towel
- Medication
- Small container for individual toiletries
- Toiletry bag
- See-through quart-size plastic bag
- Compact, reusable grocery bag

### *Options*

- Dry shampoo

- Conditioner
- Small lightweight comb and/or hairbrush
- Bobby pins
- Elastic hair bands
- Headband
- Body lotion
- Talcum powder
- Face wash
- Face lotion
- Acne cream
- Razor
- Makeup
- Feminine hygiene products

## **Trail Tools**

### ***The Ten Essentials***

- Map, compass and guidebook
- Sunglasses (and case) and sunscreen
- Extra clothing
- Headlamp (with fresh batteries)
- First-aid kit (see separate list below)
- Safety matches or a lighter
- Repair kit (see separate list below)
- Food—trail snacks
- Water (in water bottles or bladders)
- Space blanket
- Plus, organizers for trail tools

### ***First-Aid Kit***

- Bandages
- Packaged cleanser such as alcohol wipes
- Moleskin
- Collapsible scissors
- Needle
- Sterile gauze pads
- Adhesive tape
- Antibiotic pills (prescribed by doctor)
- Ibuprofen (anti-inflammatory)
- Acetaminophen (analgesic)
- Anti-diarrhea pills
- Antacid pills
- Melatonin or natural sleep pills
- Antibacterial cream

- Cortisone cream

### ***Repair Kit***

- A few strips of duct tape
- Small sewing kit
- 12 inches (30 cm) of thin cord
- Safety pins
- Rubber bands
- Twist ties
- Superglue
- Small plastic bags for packing out trash

### ***Options***

- Water purification device
- Insect repellent wipes
- Support braces or bands
- Trekking poles
- Sleep sack
- Tent
- Sleeping pad
- Sleeping bag
- Camp pillow
- Backpacking stove
- Refillable fuel canister (add fuel to your kit in Europe)
- Cooking pot or pan
- Cooking utensils
- Plate
- Bowl
- Cup
- Eating utensils
- Food—camping meals

## **Travel Tools**

### ***The Basics: Travel Tools***

- Passport
- Drivers license
- Itinerary and confirmation numbers
- Trip insurance paperwork
- Health insurance paperwork
- Cash
- Debit card
- Credit cards

- Travel wallet
- Currency-conversion cheat sheet

### ***The Basics: Town Tools***

- Travel flatware
- Pocketknife
- Hand sanitizer
- Extra hydration bag for wine
- TSA-approved wine opener
- Travel laundry line
- Small notebook
- Pen
- Journal
- Organizers for travel tools

### ***Options***

- International drivers license
- Visa
- Written copy of your prescriptions
- Letter from your doctor about any pre-existing conditions
- Money belt or travel scarf

## **Electronic Tools**

### ***The Basics***

- Smartphone
- Trail and travel apps
- Smartphone case
- Lens cloth
- Earbuds
- Cell phone service
- Adaptor
- Smartphone charging components
- Power bank
- Power bank charging components
- Smartphone chest or belt holster
- Small plastic bag for earbuds
- Waterproof electronics organizer

### ***Options***

- Foreign or international SIM card
- Small plastic bag for home SIM card

- SPOT device, satellite communicator or PLB
- Stand-alone GPS unit
- GPS case
- GPS wrist strap or tether
- GPS charger
- Spare set of GPS batteries
- Point-and-shoot or mirrorless camera
- Camera case
- Camera wrist strap or tether
- Camera batteries
- Camera charger
- Converter

## **Packs**

### *The Basics*

- Backpack
- Pack cover
- Day pack

### *Options*

- Combination lock
- Resealable plastic bag
- Zip ties