

La Petite Traveller - Packing Essentials

Below you'll find multiple lists that are split into different climate types, so you'll know what to take - no matter where you go!

This is obviously just a rough guide as there will be some things that you absolutely must have, that I would never dream of taking. Just try and consider all possible scenarios and thing you might need.

Mixed Climate

Clothes

- ☐ A jumper (good for travelling on air conditioned buses/trains)
- ☐ Swimwear (3)
- ☐ Tops (8)
- ☐ Shorts (3)
- ☐ Dresses (2)
- ☐ PJ's (3)
- ☐ Baggy/comfortable trousers (3)
- ☐ Raincoat - even if it's hot!

Shoes

- ☐ Comfortable trainers
- ☐ Comfortable sandals, i.e birkenstocks
- ☐ Flip flops
- ☐ Walking boots (if hiking)

Health & Wellness

- ☐ Silk sleeping bag & mosquito net
- ☐ Microfibre travel towel
- ☐ Toiletries
- ☐ First aid kit
- ☐ Mosquito spray (100% deet)
- ☐ Hat - to protect your face on hikes/beach
- ☐ Travel adapters/extension cable

Hot & Sunny

Clothes

- ☐ A jumper (good for travelling on air conditioned buses/trains)
- ☐ Swimwear (3)
- ☐ Tops (8)
- ☐ Shorts (4)
- ☐ Dresses (2)
- ☐ PJ's (3)
- ☐ Baggy/comfortable trousers (2)
- ☐ Raincoat - yes, even if it's hot!

Shoes

- ☐ Comfortable trainers (there will be days you need the support)
- ☐ Comfortable sandals, i.e birkenstocks
- ☐ Flip flops
- ☐ Walking boots (if hiking)

Health & Wellness

- ☐ Silk sleeping bag & mosquito net
- ☐ Microfibre travel towel
- ☐ Toiletries
- ☐ First aid kit
- ☐ Mosquito spray (100% deet)
- ☐ Hat - to protect your face on hikes/beach
- ☐ Travel adapters/extension cable

Chilly Mountains

Clothes

- ☐ Jumpers (3)
- ☐ Swimwear (1) (just incase)
- ☐ Tops (8)
- ☐ Shorts (1)
- ☐ Trousers/Jeans (2)
- ☐ PJ's (3)
- ☐ Baggy/comfortable trousers (3)
- ☐ Raincoat &/or Jacket
- ☐ Hat/scarf/gloves

Shoes

- ☐ Comfortable trainers
- ☐ Comfortable sandals, i.e birkenstocks
- ☐ Flip flops
- ☐ Walking boots (if hiking)

Health & Wellness

- ☐ Silk sleeping bag & mosquito net
- ☐ Microfibre travel towel
- ☐ Toiletries
- ☐ First aid kit
- ☐ Mosquito spray (100% deet)
- ☐ Travel adapters/extension cable