



MOUNTAINS PACKING LIST

ESSENTIALS

- PASSPORT / ID / DRIVING LICENSE
- TICKET(S)
- CONFIRMATION RECEIPTS
- MONEY / CREDIT CARD
- PHONE + CHARGER
- LAPTOP + CHARGER
- CAMERA + CHARGER
- HEADPHONES
- INTERNATIONAL PLUG ADAPTER
- EMERGENCY DOCS (medical, contacts, ...)
- NEEDLE + THREAD
- BASIC MEDICATIONS
- BASIC FIRST AID
- PRESCRIPTIONS
- GLASSES / CONTACTS

TOILETRIES

- TOOTHBRUSH + PASTE
- MAKEUP
- DEODORANT
- CLEANSER / BODY WASH / SHAMPOO
- TONER
- MOISTURIZER / BODY LOTION
- RAZOR / TWEEZERS / SCISSORS
- HAIR PRODUCTS
- EYE DROPS
- PADS / TAMPONS
- SUNSCREEN

CLOTHING

- TEES
- LONG SLEEVE SHIRTS
- CARDIGANS / SWEATERS
- TROUSERS / JEANS
- HIKING TROUSERS
- FLEECE SWEATSHIRT
- JACKET / RAINCOAT
- HATS
- BAGS / BACKPACKS
- TREKKING SHOES
- SNEAKERS
- PIJAMAS
- UNDERWEAR + SOCKS

NOTES