FREE PACKING LIST

Long-Term Backpacking

Built for weeks on the road, not a long weekend.

BY JAY & FABIENNE — OCEANS APART

UPDATED OCTOBER 2026

How to use this list: tick items as you pack. The online version at **jayandfabienne.com** keeps your progress for you.

Links marked "Ad" are affiliate links. If you book or buy through one, we may earn a small commission at no extra cost to you. "Our pick" is gear we actually use, listed at **jayandfabienne.com/what-we-use/**.

Before you leave

- [ ] Vaccinations done and yellow card in your bag
  See: **what we got and what it cost**
- [ ] Travel insurance chosen and documents saved
  See: **our insurance experience**
- [ ] Bank and card companies notified
- [ ] Emergency fund set aside
  A USD backup next to the local currency
  Our pick: **Wise** AD
- [ ] Passport and visa double-checked
- [ ] Flights and first accommodation confirmed
- [ ] Offline maps downloaded
- [ ] Digital backups synced and key documents printed

Documents & paperwork

- [ ] Passports and ID
- [ ] Visa or eVisa confirmation
- [ ] Proof of onward travel
  Some countries require it
- [ ] Vaccination certificates and yellow card
  See: **what we got and what it cost**
- [ ] Travel insurance documents
  See: **our insurance experience**
- [ ] Credit and debit cards
  Two per person
- [ ] Small bills for daily expenses
- [ ] Copies of all important documents
  Digital and on paper
- [ ] Pen and notebook

Backpacks & bags

- [ ] Main backpack, 40 to 55 L per person
  Carry-on friendly under 45 L if possible
  Our pick: **Osprey 44 L + 15 L**
- [ ] Small foldable daypack or crossbody bag
  15 to 20 L per person
  Our pick: **Osprey 44 L + 15 L**
- [ ] Phone strap or chain
- [ ] Packing cubes
- [ ] Dry bag for electronics and wet clothes
- [ ] Laundry line and a little detergent
  Share

Clothing (per person)

- [ ] 5 to 7 pairs of underwear
- [ ] 4 to 5 pairs of socks
- [ ] 3 to 4 casual shirts or t-shirts
- [ ] 1 long-sleeve or layering top
- [ ] 1 nicer shirt or blouse
- [ ] 2 pairs of shorts
- [ ] 2 lightweight pants or travel pants
- [ ] 1 light fleece or hoodie
- [ ] 1 packable rain jacket
- [ ] 1 scarf
  Versatile: head, neck or shawl
- [ ] Hat, cap or headscarf
- [ ] Swimwear
- [ ] Bras or sports bras
  If you wear them
- [ ] Sleepwear
- [ ] Flip-flops or sandals
- [ ] Sneakers or trail shoes
  Our pick: **Salomon** AD · **adidas Terrex** · **New Balance 520**
- [ ] Leggings or yoga pants
  Optional, for comfort

Toiletries & personal care

- [ ] Toothbrush and toothpaste
- [ ] Deodorant
- [ ] Reef-safe, non-toxic sunscreen, SPF 30 or higher
- [ ] Mosquito repellent
- [ ] Razor, tweezers and nail clippers
- [ ] Lip balm, hand sanitizer and tissues
- [ ] Hairbrush or comb and hair ties
- [ ] Minimal makeup

Travel pharmacy

> ***General reference, not medical advice. Ask a doctor or travel clinic what is right for you.***

- [ ] Pain relievers
- [ ] Throat lozenges
- [ ] Antispasmodic for cramps
- [ ] Remedy for an upset stomach
- [ ] Activated charcoal
- [ ] Electrolytes
  For dehydration, overdoing it or food poisoning
- [ ] Motion sickness or anti-nausea remedy
- [ ] Antihistamine
- [ ] Nasal spray
- [ ] Fever thermometer
- [ ] Altitude sickness medication, if your doctor recommends it
- [ ] Malaria prevention, if your route needs it
  Ask a travel doctor before you go
  See: **what we got and what it cost**

First aid & bites

- [ ] Plasters, including blister plasters
- [ ] Disinfectant
- [ ] Wound and healing ointment
- [ ] 1 to 2 wound compresses
- [ ] Small nail scissors
- [ ] Heat-based bite relief tool
  No cream needed
- [ ] Eye drops and ear drops
  Especially after a lot of swimming
- [ ] Prescription medication in its original packaging
  With a copy of the prescription
- [ ] Copies of prescriptions and doctor letters

Women's & sexual health

- [ ] Tampons or other period supplies
  Pads or a menstrual cup work too
- [ ] Treatment for vaginal yeast infections
  Heat and moisture make these more common while traveling
- [ ] Condoms

Electronics & accessories

- [ ] Phones
  One or two per person
  Our pick: **iPhone**
- [ ] Chargers and cables
- [ ] Power banks
  Share where you can
  Our pick: **Power banks**
- [ ] Travel adapters
- [ ] Earphones
  Our pick: **AirPods** · **JBL on-ear**
- [ ] Laptop and charger
  Our pick: **MacBook**
- [ ] Small Bluetooth speaker
- [ ] eSIM for mobile data
  Or a local SIM card in-country
  Our pick: **Ubigi** AD | Also an option: **Airalo** AD
- [ ] Pocket Wi-Fi
  Our pick: **TP-Link MiFi**
- [ ] VPN and a password manager
  Our pick: **NordVPN** AD
- [ ] Camera and accessories
  Our pick: **DJI action camera**
- [ ] Offline maps and an offline translation app
- [ ] Eye mask and earplugs

Travel & daily essentials

- [ ] Reusable water bottle
  One per person, add a filter or purification tablets if needed
- [ ] Microfiber towel
- [ ] Microfiber travel bowl or cup
- [ ] Umbrella or compact rain cover
- [ ] Locks for backpacks and luggage
- [ ] Headlamp or small flashlight
- [ ] Carabiners
  For hanging and securing things
- [ ] Ziploc or waterproof bags
  For liquids and electronics
- [ ] Goggles

Extras

- [ ] Snacks for transit
- [ ] Lightweight journal and pen
- [ ] Small packable games or entertainment
  Optional
- [ ] A small good-luck charm
  Something that makes you feel good

TIPS FOR TWO TRAVELERS

- *Share the heavier items between you: medical kit, chargers and laundry detergent.*
- *Use packing cubes to keep each person's clothes separate.*
- *Keep a small foldable daypack or sling bag per person for day trips.*
- *Stick to versatile clothing to reduce overall weight.*
- *Bring only essential electronics and share power banks where you can.*

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Happy *Travels*

We hope this list saves you time, money, and a few headaches out there. If you put any of it to use, tag us, we'd love to see where you end up.

Above all, we hope you travel with open eyes: grateful for the privilege it is to see any of this at all, and with real respect for the people and cultures who call these places home. We're only ever guests.

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