

FREE PACKING LIST

Warm Climate & Beach

What survives heat, sand, and sudden downpours.

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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/**.

Documents & money

- [ ] Passports
  Check validity and blank pages
- [ ] Visa or eVisa confirmation, if you need one
- [ ] Proof of onward travel
  Some countries ask for it at check-in
- [ ] Travel insurance documents
  See: **our insurance experience**
- [ ] Vaccination certificates and yellow card
  See: **what we got and what it cost**
- [ ] Two cards per person
  Keep them in different places
- [ ] Some USD cash as a backup
- [ ] Small bills for daily expenses
- [ ] A multi-currency account for money abroad
  Our pick: **Wise** AD
- [ ] Copies of all important documents
  Digital and on paper

Bags

- [ ] Main backpack, 40 to 55 L per person
  Under 45 L if you want to stay carry-on friendly
  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
  Worth it in busy places
- [ ] Packing cubes
- [ ] Dry bag for electronics and wet clothes
- [ ] Laundry line and a little detergent
  One for the two of you

Clothing (per person)

- [ ] 3 to 4 light t-shirts or tops
- [ ] 1 to 2 tank tops
- [ ] 2 pairs of shorts
- [ ] 1 to 2 lightweight pants
  For evenings, buses and places where you want to cover up
- [ ] 1 light long-sleeve top
  Sun and bugs
- [ ] 1 nicer outfit
- [ ] 2 swimsuits or swim trunks
- [ ] 5 to 7 pairs of underwear
- [ ] 3 to 4 pairs of socks
- [ ] Sleepwear
- [ ] 1 packable rain jacket
- [ ] 1 light scarf
  Head, neck or shawl
- [ ] Hat, cap or headscarf, and sunglasses

Footwear

- [ ] Flip-flops or sandals
- [ ] Sneakers or trail shoes
  Our pick: **Salomon** AD · **adidas Terrex** · **New Balance 520**

Sun, bugs & skin

- [ ] Reef-safe, non-toxic sunscreen, SPF 30 or higher
  Some places ban regular sunscreen in the water, check local rules
- [ ] Lip balm
- [ ] Mosquito repellent
- [ ] After-sun lotion
- [ ] Hand sanitizer and tissues

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

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
  Especially after a lot of swimming
- [ ] Ear drops
  Swimmer's ear is more common than people expect
- [ ] Prescription medication in its original packaging
  With a copy of the prescription
- [ ] Malaria prevention, if your route needs it
  Ask a travel doctor before you go
  See: **what we got and what it cost**

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

Tech & connection

- [ ] Phone
  Our pick: **iPhone**
- [ ] Chargers and cables
- [ ] Power bank
  Share one if you can
  Our pick: **Power banks**
- [ ] Universal travel adapter
- [ ] Earphones
  Our pick: **AirPods** · **JBL on-ear**
- [ ] Camera or action camera
  Our pick: **DJI action camera**
- [ ] eSIM for mobile data
  Set it up before you fly
  Our pick: **Ubigi** AD | Also an option: **Airalo** AD
- [ ] Pocket Wi-Fi
  Our pick: **TP-Link MiFi**
- [ ] VPN for public Wi-Fi
  Our pick: **NordVPN** AD
- [ ] Offline maps and an offline translation app
  Download them before you go
- [ ] Waterproof phone pouch

Beach & water

- [ ] Quick-dry microfiber towel
- [ ] Reusable water bottle
  Add a filter or purification tablets if needed
- [ ] Snorkel mask or goggles
- [ ] Waterproof bag for the beach

Everyday extras

- [ ] Snacks for transit
- [ ] Eye mask and earplugs
- [ ] Lock for your backpack
- [ ] Small flashlight or headlamp
- [ ] Carabiners
- [ ] Ziploc or waterproof bags
  For liquids and electronics
- [ ] Compact umbrella
- [ ] Small journal and pen
- [ ] A small good-luck charm
  Something that makes you feel good

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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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