

The Packing List

Carol Boosebark travelled Europe for us in October 97, this is her recommended packing list.

- backpack
- day pack
- hip bag
- change purse (I'd get one with at least two pockets for multiple currencies)
- money belt
- health card
- hostel card
- driver's license (even though you're not driving, is used for security, deposit on keys, etc.)
- ATM, credit cards with cash advance PINs
- currency for first three countries
- traveler's checks in foreign currency for countries you'll be most
- calculator
- 2 small locks
- bungee cord (for wrapping around door and rack on trains)
- compass
- binoculars (small pair for seeing frescos)
- large envelopes for important documents in your pack (I mailed these home from different cities)
- small light
- pocket knife
- eating utensil
- cup
- 1st aid kit with Band-Aids, tape, and antibiotic ointment
- antacid
- cold medicine
- vitamin C
- film
- camera
- batteries (camera, recorder)
- small bag of detergent
- recorder, tapes (I made audio tapes that were great to send home.)
- pen & paper
- journal
- plastic bags (sandwich size, ziplock, 5) - separate currencies, leaking items, etc.
- guidebook
- book to read
- language ref.
- plenty of contact solution, holder, etc.
- toothpaste, brush, floss
- nail clippers
- ear plugs
- Q-tips
- lotion
- Kleenex
- razor
- hand wipes
- shampoo/conditioner
- hair ties
- fem stuff
- sleeping sheet (thin and light)
- windbreaker/raincoat
- two pairs of pants (jeans/a pair of kacky pants)
- six pairs of socks
- 6 pairs of underwear
- three bras
- two pairs of shoes (hiking boots/tennis shoes)
- a pairs of light cheap thongs (need to dry quick on the pack)
- turtleneck
- two T-shirts (you will buy more as needed)
- one sweater
- gloves
- ear/headband or hat
- one pair boxers/shorts
- leggings

Extra Readers' Suggestions

'A referee's whistle is a great item for a woman to have with her. I got one right after I got flashed in Athens. A bandana comes in handy lots of ways too.

Cheers, Sara'

'Please add passport and visas to the packing list - I know it's obvious but the list is otherwise so comprehensive it seems silly to leave them off. Thanks.'

- Fiona

'I just returned from a 3 week trip to Europe over the holidays. Your list is very good, however, I would add:

1. a pair of tweezers
 2. a small sewing kit (needle, thread, scissors)
 3. an extra pair of prescription glasses
 4. a large (light weight) nylon stuff sack to put back pack in during flight, it protects the straps and cords from being damaged by luggage handlers
 5. a water bottle (there were no problems with the water, it was simply very nice to have water on train rides etc)'
- Susan R Taylor-Campbell, 12 Jan 98

'Matt and Carol's packing tips seemed great but I didn't notice any mention of condoms. Let's not be naive kids. It seems like a good idea in this case to err on the side of caution. Even the most innocent of us could be caught off guard. We don't want to be stuck empty handed.'

- AM, 17 Jan 98

In my experience, it is a good idea to take anti-Diarrhoea and anti-Nausea tablets with you. You will usually know the brands at home, rather than trying to find them in a foreign country when you are feeling terrible. They are light and indispensable if you ever need them (which you probably won't.)

- Samantha Meiring

I have one addition to your packing tips list. An extra buckle for the straps on your backpack. My hip buckle was mortally wounded while getting of a train my fourth day in Europe and I was unable to find a replacement. I bought a buckle when I got home and a spare for about \$4.00.

- Michael Bruso, Denver Colorado

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