

From the “One Bag” Web Site

What to Take (on a Trip of any Length)

What to take when travelling? An old saying aptly applies: take half as many clothes and twice as much money. This is a list of the **maximum** amount of stuff one should ever need to cart around (and all of it—except for what you’ll be wearing—will fit in a single carry-on-sized bag). Eliminate items whenever possible. Minimize clothing by selecting a uniform (one or two) colour scheme. Choose fabrics carefully: natural fabrics can be cooler, but wrinkle much more easily (“bundle wrapping” of clothes helps considerably, by avoiding hard creases). And remember that there are two kinds of luggage: carry-on, and lost.

dressy jacket	alarm clock/watch (batteries?)
2 pairs trousers/skirts (shorts?)	flashlight, extra batteries & bulbs
2–4 shirts	multipurpose tool (e.g., Swiss Army knife, Leatherman tool), scissors
swimsuit	spoon (fork? chopsticks?), (coffee tin lid) plate
dark (cardigan) sweater	compass (whistle?)
rainwear (umbrella?)	inflatable travel pillow
parka, coat, or equivalent	hostel sheet bag (sleeping bag? bivouac sack? blanket? tent?)
3+ pairs socks	safety pins, rubber bands, cord
3+ pairs undergarments	sewing kit, including large needle to accommodate dental floss
long (lightweight) underwear	(Ziploc®) plastic bags, garbage bags
long T-shirt or sarong [cover-up]	duct (or gaffer’s) tape
necktie, scarf, hairband, bandannas	toothbrush, toothpaste, floss
gloves / mittens	razor, blades, shaving cream/oil
sun hat / knitted cap, hat clip	comb and/or hairbrush
1 pair dressy shoes (laces?)	shampoo
1 pair walking shoes/boots (laces?)	deodorant
thongs or sandals	bar soap & container
belt	nail clippers
travel pack or shoulder bag (& luggage cart?)	[unbreakable] mirror
daypack (fanny pack? purse?)	(Viscose?) towel
lightweight duffel/laundry bag	
<u>luggage lock(s) (cable?)</u>	

universal (flat) sink stopper	passport, visas, extra passport photos, vaccination certificates
detergent, spot remover	copies of important documents (international?) driver’s license, health insurance information
(surgical rubber braid) clothesline	travel tickets
<u>inflatable hangers [to dry clothes]</u>	charge & ATM cards, cash, traveler’s cheques
toilet paper, antibacterial wipes	2 personal cheques
(chemical or mechanical) water purifier	<u>security pouch [worn under clothes]</u>
analgesic of choice	camera (lenses? flash? tripod?), film, extra batteries
diarrhea treatment (e.g., Lomotil and/or Cipro)	(solar) calculator?
infection treatment (e.g., Keflex)	<u>gifts</u>
malaria tablets	
insect repellent, mosquito net	
sun block, lip balm	
bandages, moleskin (other first aid?)	
menstrual, contraceptive, and/or prophylactic supplies	
vitamins, necessary medications	
<u>plastic water bottle, (folding) cup</u>	
dark glasses, retainer, case	
lens cleaning cloth/supplies, copy of prescription (spare glasses?)	
<u>earplugs (eye mask?) [to ease sleep]</u>	
pens, small notebook, glue stick [for notes, addresses, diary, ...]	
personal address book (stamps?)	
maps, guidebooks, phrase books, Post-it® notes, restaurant lists, membership cards, business/calling cards, telephone access numbers	
reading material	
<u>large envelopes [to mail things home]</u>	

For a detailed explanation of the items (and philosophy) in this list, visit:

<http://www.onebag.com/>

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