

My packing list – South America 3-6 months – carry on only

Essential

- ☒ Flights \$2400
- ☒ Passport
- ☒ Electronic and paper copy of passport
- ☒ Debit/credit cards
- ☒ Travel insurance \$669
- ☐ Visa
- ☒ Paper copy of keys documents
- ☒ Typhoid \$75, Hep A \$60, Yellow Fever \$165 = \$300

Bags and Storage

- ☒ Main bag \$289 Cotopaxi
- ☒ Waterproof cover (included)
- ☒ Day bag I took one that folds up but didn't use it that much
- ☒ Bum bag I bought the famous uniqlo one but ended up buying a shoulder calico bag and used that for everywhere
- ☒ Running belt/money belt Almost never used it. Only on a couple dodgy buses
- ☐ Packing cubes Didn't need them with the cotopaxi
- ☐ Wet bag/plastic bags I just used plastic bags when needed
- ☒ Reusable shopping bag I used this quite a bit
- ☒ Lock

Electronics

- ☒ Phone and charger
- ☒ Spare phone
- ☒ Plug Adapter/charger \$40
- ☒ Battery pack \$30 I took it but only used maybe twice. You can borrow mine Sher if you want
- ☒ Headphones \$65 I only took small in ear ones but used them SOOO much

Travel/sleep stuff

- ☐ Travel pillow I stuffed my jacket into a little bag and lent on that
- ☒ Eye Mask

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☒ Ear Plugs

Misc

☒ Hat

☒ Sunglasses

☒ Travel towel \$50

☐ Sarong or similar for backup towel and privacy screen **I think a sarong would be handy in beach locations**

☒ Travel clothesline **I never used it and gave it away**

☒ Laundry bag **Yes**

☒ Laundry sheets **These were handy for washing on the road, available from supermarket**

☐ Normal water bottle

☒ Water filter bottle \$75

☐ Small Tupperware container

☐ Keep cup (collapsible?)

☒ Spork **I used it like once**

☒ Pilates ball **I loved having this**

☒ Small torch **Barely used**

Medical

☒ Panadol

☒ Band-Aids

☐ Travel sickness tablets **I bought in Colombia**

☒ Sleeping tablets

☐ Anti-nausea/diarrhoea tablets

☒ Malaria tablets

☒ Tweezers

☒ Deet insect repellent **Was quite good to have**

I forgot to pack nail clippers

Jackets

☒ Puffer jacket

☒ Lightweight rain coat

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Personal care

- ☒ Toothbrush and spare heads
- ☒ Toothbrush cover
- ☒ Toothpaste
- ☒ Shampoo Bar I loved travelling with all my soaps. Kept them in a bag which was easy to carry to bathroom. Plus spares wrapped in material
- ☒ Soap bar
- ☒ Soap bar bag
- ☒ Deodorant
- ☒ Sunscreen face
- ☒ Sunscreen general
- ☒ Moisturiser general I wish i packed a bit more of the face moisturiser i love
- ☒ Chapstick
- ☒ Menstrual cup
- ☒ Period undies I had never used them previously and never used them on the trip haha
- ☒ Foundation sachets I had been given these and thought they'd be handy for travel but i quickly got too tanned for the colour they were
- ☒ Cream blush/eye stuff
- ☒ Highlighter cream I loved this
- ☒ Hairbrush I just took a comb

Shoes

- ☒ Runners
- ☒ Sandals \$85
- ☒ Thongs

I really needed a pair of shoes for going out that weren't runners. One of the first things i bought. I got plain white sneakers which were very versatile.

Clothes!

Easy! haha