**Packliste Weltreise**

**Allgemein / Nützliches**

[ ]  Reiserucksack (80 Liter)

[ ]  Tagesrucksack (ca.25-30 Liter)

[ ]  Packwürfel in verschiedenen Größen

[ ]  Tasche oder Beutel aus Stoff

[ ]  Wasserfeste Tasche (Drybag) 1x klein + 1x gross

[ ]  Oropax

[ ]  Reisesafe

[ ]  Karabiner

[ ]  Kabelbinder

[ ]  Sonnenbrille

[ ]  Wäscheleine + Waschseife

[ ]  Wasserflasche Alu + 1x faltbar

[ ]  Zahlenschloss

[ ]  Taschenmesser (Multitool)

[ ]  Maske + Schnorchel

[ ]  Notizbuch und Stifte

[ ]  Geldbeutel

[ ]  Wasserfeste Dokumententasche

[ ]  RFID Schutzhüllen

[ ]  je 2x Handtuch (Microfaser / Bambus)

[ ]  Seidenschlafsack

[ ]  Multifunktionsschal (Schlauch)

[ ]  Silicagel Drypack für Elektronik

[ ]  2x Stirnlampe

**Kleidung (Er)**

[ ]  7x Tank Top

[ ]  5x T-Shirts (Baumwolle)

[ ]  1x UV-Shirt

[ ]  1 Longsleave

[ ]  7 Unterhosen

[ ]  3 kurze Hosen

[ ]  1 Trainingshose

[ ]  1 lange Jeans

[ ]  1 lange Stoffhose

[ ]  1 Hoody

[ ]  1 Steppjacke

[ ]  3 Paar Socken

[ ]  2 Badeshorts

[ ]  1x Flip Flops

[ ]  1x Badeschuhe

[ ]  2x feste Schuhe

[ ]  1x Regenjacke

[ ]  2x Cap

**Kleidung (Sie)**

[ ]  2x Shorts

[ ]  1× langärmliges Kleid kurz schön

[ ]  1x dünner Pulli / Strickjacke

[ ]  2x luftiges Top (Strand/ Touren)

[ ]  1x Top schön

[ ]  2× Jumpsuit kurz schön/Strand

[ ]  1x lange legere Hose bügelfrei

[ ]  1x Leggings

[ ]  1x Strandkleid

[ ]  1x Tunika Strand

[ ]  2x Socken

[ ]  7x Unterwäsche

[ ]  3x BH (Sport / Trägerlos / Normal)

[ ]  2x Bikini + 1x trägerloses Oberteil

[ ]  1x Trekking Sandalen

[ ]  1x Sandalen schön

[ ]  1x Sportschuhe

[ ]  1x Bauchtasche

[ ]  1x Handtasche

[ ]  1x Tuch (Hals/Umhang)

[ ]  1x Tuch gross für Strand/Yoga

[ ]  1x Steppjacke

[ ]  1x Jeansjacke (Alltagsjacke)

[ ]  graue kurze Stoffhose

[ ]  1x UV-Shirt

**Sport**

[ ]  Yoga-Blöcke & Gurt

[ ]  Yoga-Matte

[ ]  Tubes

[ ]  Gummiband

**Technik**

[ ]  Handy + Ladekabel

[ ]  Kompaktkamera + Zubehör

[ ]  Action-Cam + Zubehör

[ ]  Drohne + Zubehör

[ ]  2x Kopfhörer + Ladekabel

[ ]  Ebook-Reader + Ladekabel

[ ]  Stativ-Adapter Handy zum Filmen

[ ]  SD-Karten

[ ]  Ersatz Akkus

[ ]  Laptop + Ladekabel

[ ]  Steckdosen Adapter

[ ]  externe Festplatten

**Reiseapotheke**

[ ]  Stichheiler

[ ]  Tigerbalm

[ ]  Kohletabletten

[ ]  Verbandsmaterial

[ ]  Wund & Heilsalbe

[ ]  Pinzette

[ ]  Lutschtabletten

[ ]  Malaria Tabletten (optional)

[ ]  Ibuprofen

[ ]  Paracetamol

[ ]  persönliche Medikamente / Vitamine

[ ]  Mückenschutz

[ ]  Ingwertabletten

[ ]  Fieberthermometer

**Hygieneartikel Allgemein**

[ ]  Zahnbürste

[ ]  Zahnpasta

[ ]  Rasierer & Klingen

[ ]  Körper & Haarseife

[ ]  Ohrenstäbchen

[ ]  Nagelschere

[ ]  Deo

[ ]  Sonnenschutz

**Extras für Ihn**

[ ]  Haarwachs

[ ]  Rasierseife

[ ]  Aftershave Balsam

**Extras für Sie**

[ ]  Haarspülung / Kur

[ ]  Menstruationsartikel

[ ]  Gesichtscreme

[ ]  Schminke

[ ]  Haargummis + Haarbürste

[ ]  Nagel-Set (Feile, etc.)

[ ]  Wattepads

**Dokumente**

[ ]  Impfpass

[ ]  Reisepass

[ ]  Kreditkarten

[ ]  Biometrische Bilder

[ ]  Nachweis Auslandskrankenversicherung (ausgedruckt)

[ ]  Führerschein & internationaler Führerschein

**Persönliches**

[ ]  wichtige Telefonnummern

[ ]  \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**An was muss ich noch denken?**

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