

Printable Packing Checklist

Here's your **Carry-On Only Budget Backpacking List**
(fits in a 35–45L backpack):

Clothing

- ☐ 2 cotton shirts
- ☐ 1 quick-dry shirt
- ☐ 1 pair shorts (doubles as swimwear)
- ☐ 1 pair pants (synthetic or jogger-style)
- ☐ 3–4 pairs underwear
- ☐ 3–4 pairs socks
- ☐ Lightweight hoodie or fleece
- ☐ Flip-flops



Gear

- ☐ 35–45L backpack
- ☐ Rain poncho
- ☐ Microfiber towel
- ☐ Water bottle
- ☐ Headlamp
- ☐ Old smartphone (offline maps/music)
- ☐ Power bank (optional)
- ☐ USB charging cable
- ☐ Passport + copies
- ☐ Debit card, cash stash



Cheap Extras

- ☐ Ziplock bags (variety of sizes)
- ☐ Plastic bag (laundry)
- ☐ Soap bar
- ☐ 2–3m cord or shoelace
- ☐ Carabiners or binder clips
- ☐ Notebook + pen
- ☐ Sunglasses (cheap pair)
- ☐ Small lock for hostel lockers

