

# TRAVEL ESSENTIALS

walk | connect | revive

## Documents

- Passport
- Boarding pass
- Health insurance
- Documents/Visa
- Cards + Cash
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- .....
- .....

## Electronics

- Phone + Charger
- Powerpack
- Travel adapter
- Headphones
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## Others

- Day Pack
- Poles
- Sunglasses
- Sit Mat
- Water Bottle
- Lunch Box & Wraps
- Energy Bars
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## Clothes

- Thermals
- Fleece
- Jacket
- Walking Trousers
- Waterproofs
- Boots
- Thick Socks
- Hat/Buff
- Gloves
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- .....
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## Health and beauty

- Sunscreen
- Makeup + remover
- First Aid Kit
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## Toiletries

- Toothbrush + paste
- Deodorant
- Shampoo + conditioner
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