



Kit Lists Gap Year

There is no set rule on what to take when heading off on a gap year. The kit list below is designed to offer a comprehensive list of items to consider. You don't need to take it all, but think hard about what you can and can't afford to leave at home.

Kit List	✓		✓
Rucksack 55-70 Litre		Clothing:	
Daysack 20 Litre		T-shirts	
		Long sleeve Top	
Documents:		Casual Shirt	
Passport		Fleece Top	
Visas and entry permits		Trousers	
Identity Cards		Shorts	
Insurance Policy		Underwear	
Emergency Contact Numbers		Socks	
Address Book		Waterproof Jacket	
Immunisation Record		Waterproof Trousers	
Spare Passport Photos		Thermal Top	
Flight Details		Thermal Trousers	
Accommodation Details		PJs	
Driving License		Sun Cap	
Personal Prescriptions		Warm Hat	
		Gloves	
Money:		Sun Glasses	
Pre-paid Currency Card			
Emergency Credit Card		Footwear:	
Foreign Currency (Travellers are often given prices in US Dollars, having some available can be very helpful)		Sturdy Shoes/boots	
		Sandals/flip flops	
Wash Kit:			
Wash bag		Sleeping:	
Travel Towel		Sleeping Bag	
Shampoo		Sleeping Bag Liner	
All Purpose Soap		Mosquito Net	
Toothbrush & Toothpaste		Travel Pillow	
Deodorant (Non Aerosol)		Tent	
Antibacterial Hand Wash Gel			
Nail Clippers & Nail File		Security:	
Tweezers		Travel Padlocks	
Shaving Kit		Money Belt	
Sun Cream		Body Wallet	
Lip Balm		Whistle/personal alarm	

After-sun		Mobile Phone with RELIABLE International Simcard	
Toilet Paper/Tissues			
Wet Wipes		Entertainment:	
Sewing Kit		Book	
Female Sanitary Items		Music Player	
Spare Contact Lenses and fluid		Portable Speakers	
Contraceptives		Chargers	
Brush		Portable Power source for recharging phones and MP3s	
Tough Cord for washing Line		Pack of Cards	
Cotton Buds		Camera *	
Hair Ties		Tablet *	
Ear Plugs		USB Stick	
		Digital Watch	
Health and First Aid:			
Small first aid-kit with a range of dressings and bandages		Handy Gadgets:	
Sterile Kit		Travel Cutlery	
Motion Sickness Medication		Pen Knife	
Paracetamol and Ibuprofen		Matches/Lighter	
Insect Repellent		Compass	
Bite and Sting Relief		Head Torch	
Malaria Medication (If expecting to enter Malarial Zone)		Small Torch	
Water Purification Tablets		Spare Batteries	
Multi-Vitamins		Travel Adaptor	
Personal Medication		Duct Tape	
Safety Pins		Water Bottle	
Rehydration Salts		Re-sealable Bags	
		Waterproof Dry Bags	
		Pens	
		Notebook	
		Alarm Clock	
		Mascot	

If you have any questions or would like further advice on what to pack please do not hesitate to contact us. Our friendly staff are on hand 7 days a week and happy to offer help and advice.

Telephone: 0191 232 3561

Email: web@ldmountaincentre.com