

Indonesia Packing List

Prepared for adventure.
Hoping not to use the field hospital. ♥



1. ESSENTIALS



- ☐ Passport (valid 6+ months)
- ☐ Photocopies / digital copy of passport
- ☐ Travel insurance documents
- ☐ Visa / e-Visa documents
- ☐ Itinerary & accommodation confirmations
- ☐ Return / onward flight details
- ☐ Credit / debit cards (notify bank)
- ☐ Cash (IDR & small notes)
- ☐ Driver's licence (if applicable)
- ☐ International Student ID (ISIC) / discounts
- ☐ Pen
- ☐ Small notebook



2. CLOTHING

- ☐ Lightweight tops (breathable)
- ☐ T-shirts
- ☐ Long-sleeve shirt (sun / mosquitoes)
- ☐ Lightweight trousers
- ☐ Shorts
- ☐ Skirt / wrap / sarong (temples)
- ☐ Dresses
- ☐ Swimwear
- ☐ Underwear
- ☐ Socks (incl. anti-leech socks)
- ☐ Sleepwear
- ☐ Light jacket / hoodie (mountain evenings, AC)
- ☐ Rain jacket / poncho
- ☐ Hat / cap
- ☐ Sunglasses



3. SHOES & ADVENTURE GEAR

- ☐ Comfortable walking shoes / trail shoes
- ☐ Sandals
- ☐ Flip-flops
- ☐ Trekking poles
- ☐ Daypack (small)
- ☐ Dry bag / waterproof bag
- ☐ Reusable water bottle
- ☐ Headlamp / small torch
- ☐ Binoculars (optional)
- ☐ Sunglasses
- ☐ Ziplock bags
- ☐ Laundry bag / dry bag



4. TOILETRIES

- ☐ Toothbrush & toothpaste
- ☐ Shampoo / conditioner (travel size)
- ☐ Body wash / soap
- ☐ Deodorant
- ☐ Face wash
- ☐ Moisturiser
- ☐ Sunscreen (high SPF)
- ☐ Lip balm (SPF)
- ☐ Insect repellent
- ☐ Hand sanitiser
- ☐ Wet wipes / tissues
- ☐ Razor / nail clippers
- ☐ Hair ties / brush
- ☐ Contact lenses + solution / glasses
- ☐ Make-up & perfume
- ☐ All personal medications



5. PHONE SURVIVAL KIT

Protecting the phone has become a hobby.

- ☐ Phone cord with tether
- ☐ Floating pouch
- ☐ Lens cleaning kit
- ☐ Phone
- ☐ Phone charger
- ☐ Power bank
- ☐ Charging cables (all devices)
- ☐ Universal plug adapter
- ☐ Earbuds / headphones
- ☐ Extra storage (SD / cloud backup)



6. FIELD HOSPITAL

(Items I sincerely hope not to use.)

- ☐ Plasters
- ☐ Adhesive wound dressing
- ☐ Elastic bandage
- ☐ Sterile wound compresses
- ☐ OTC painkillers
- ☐ Loperamide
- ☐ Dramamine
- ☐ Cinnarizine
- ☐ ORS
- ☐ Electrolyte sticks
- ☐ Antibacterial gel
- ☐ Chlorhexidine spray or wipes
- ☐ Tick remover
- ☐ Tweezers
- ☐ Small scissors
- ☐ Blister plasters
- ☐ Something with a LOT of DEET

Because optimism and ORS can happily coexist. ♥

