



PACKING
LIST

FOR YOUR TRIP
Tips for packing

TRAVEL CHECKLIST

In this checklist, you will find recommendations from our experts.

PREPARATION

Vaccinations/health check,
vaccination record
Sort out your passport/visa
Check insurance cover
(travel insurance)
Health insurance card
Copy important documents/
store them in the cloud
Money/foreign currency
EC/credit cards
Check your roaming conditions
in mobile phone contract
Apply for an international
driving licence
Travel documents
Swiss Embassy and tourist
office at destination
Pause post/subscriptions
Complete any payments
Safety store a spare key
Pet care
Plant care
Give holiday addresses to a
friend/family member
Label luggage
Set heating to frost protection,
check/turn off gas/water/
electricity
Luggage scale

ON THE MOVE

Mobile phone/headphones
Charging cable
Travel adapter
Glasses/spare glasses/
glasses prescription
Contact lenses/contact lens
solution
Sunglasses (with strap)
Binoculars
Personal address list
Emergency numbers
Emergency card with
information on allergies,
blood group, illnesses, etc.
Business cards
Valuables bag for
underneath clothes
Luggage locks/keys
Knife/multi-tool
not in hand luggage
Travel guides/travel reading
Language guide book/
translation apps
Travel detergent
Neck pillow
Games
Musical instrument
Backpack with rain cover
Rolling suitcases/travel bags

CLOTHING & SHOES

Warm jacket
Rain gear
Fleece jacket/jumper
Travel trousers
Hiking trousers
Shorts/skirts
Shirts/blouses/T-shirts
Underwear/socks
Thermal underwear
Pyjamas
Swimming trunks/bikini
Gloves
Scarf
Headband/cap
Sun/rain hat
Belt
Multi-purpose shoes/trainers
Sandals
Sewing kit

HEALTH & PERSONAL HYGIENE

Mosquito nets
Insect protection
Water filters
Chem. water purification
Water bottle/hydration pack
Medication
First aid kit
if scissors are included, do not
put it in hand luggage
Disinfectant
Condoms/contraceptives
Sanitary pads/tampons /
panty liners/hygiene bags
Sun cream
Shaving kit
Soap/shampoo/deodorant
Toothbrush/toothpaste
Terrycloth/microfibre cloth

Hairbrush/comb/hair dryer
Blister plasters
Toilet paper/wet wipes
Nail scissors
not in hand luggage
Hair bands/hair clips

OVERNIGHT STAYS & COOKING

Camping/tarp/guy ropes /
spare poles
Tent groundsheet
Pegs
Bivy sack
Sleeping bag/inlet
Camping mat/repair kit
Hammock
Stoves/accessories
Check national regulations for
fuels: What can be imported?
Seat pad/chair
Pans/grill rack
Crockery/cutlery/cups
Thermos bottle
Lanterns/headlamp
Candles/matches
Ear plugs

ORIENTATION & TECHNOLOGY

Compass
Altimeter
GPS satellite navigation
(Offline) maps
Batteries
Powerbanks
Solar charger
Satellite telephone
Corresponding charging cables

BIKE / BIKE TOURS

Bike
Pannier bags
Handlebar bags
Lock
Rear view mirror
Bicycle lights
Helmet
Cycling shoes
Cycling gloves
Bungee cords
Bike computer
Tool / tyre repair kit
Electrical tape / cable ties
Pump
Cycling trousers / jersey
Windstopper
Maps / route map
Replacement inner tube
Spare hook for bike bag
Spare spokes
Replacement brake pads
Replacement chain
Chain oil
Protectors
Charger for e-bike

PHOTO EQUIPMENT

Camera / tripod
Memory cards
Batteries / chargers
Cleaning materials

WINTER SPORTS

Skis / snowboard / splitboard
Ski / snowboard boots
Skins
Crampons
Poles
Snowshoes
Shovel
Avalanche transceiver
Probes
Avalanche airbag
Helmet
Warm socks
Gloves
Cap
Glasses
Ski goggles
Waterproof winter jacket
and trousers
Warm (long) underwear
Backpack with snowshoes
or ski carrier system
Ski wax
Heat pads
Information aids for
avalanche situation e.g. for the
Switzerland 'White Risk' app

TREKKING & MOUNTAIN HIKES

Poles

Trekking/mountain boots
potentially crampon-compliant

Helmet

Trekking socks

Snow goggles

Replacement shoelaces

Climbing harness with 2 HMS
carabiners and positioning
lanyard

Safety device

Climbing equipment

Quickdraw, wedges/clamps

Rope

Ice picks

Crampons

Ice screw(s)

Emergency bivvy sack

WATER SPORTS

Boat

Life vest/signal whistle

Carabiner/cord

Tensioning belt/duct tape

Wetsuit/gloves/socks

Paddle jacket

Waterproof packsacks

Dry barrel

Water pump or scoop

Floating rope

Replacement clothing

Paddle/spare paddle

Spraydeck

Throw bag

Flares

Knife

Packsack (dry bag)

TRAVEL MEDICINE

The right equipment is important. However, you should also take travel medicine into account in your planning. You can find advice and specialist centres here:

ZURICH

Travel Clinic
of the University of Zurich
www.reisemedizin.uzh.ch/en

BERN

Vaccination and Travel Medicine
at Inselspital
www.infektiologie.insel.ch

BASEL

Centre for Tropical and Travel
Medicine from the Swiss Tropical
and Public Health Institute
www.swisstph.ch/en

ACROSS SWITZERLAND

www.healthytravel.ch

OUR SERVICES

We will be happy to help you with your travel preparation and after your trip with our range of services.

PERSONAL SHOPPING

Make an appointment with us for free personal shopping. We offer advice tailored to your plans – totally focussed on you.

HIRE SERVICE

Get equipment on short-term loan.

WINTER SERVICES

Our professionals get your equipment ready for snow, with services for your skis, snowboard or splitboard, an avalanche transceiver update or a touring ski boots fitting.

CARE SERVICE

After a few weeks on the road, your sleeping bag smells or your down jacket needs a thorough cleaning? We'll take care of it, clean and waterproof your equipment professionally.

REPAIR SERVICE

Has your equipment been damaged on your adventures? Bring your equipment to us for repair.

