

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 bivy 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
Get equipment on short-term loan.

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

TRANSA.CH/SERVICES

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