

The Essential Travel Packing List for Men

*If you are getting ready to go on a backpacking trip **around the world**, this travel packing list for men is **all you need**.*

With this list, your full travel pack will become the size of most people's day packs. Your stuff is no longer the number one thing you need to think about. It is just there, with you, when you need it.

- 1 nice pair of trousers
- 1 casual pair of trousers
- 1 bathing suit: medium-length to long shorts
- 1 sweater
- 1 waterproof jacket shell
- 1 long-sleeved wool top
- 1 long-sleeved dress shirt
- 1 every-day collared travel shirt
- 1 T-shirt
- 1 top for sleeping: It may be a second T-shirt
- 3 pieces of underwear
- 3 pairs of socks
- 1 pair of 'perfect travel' shoes
- 1 pair of sandals or flip-flops
- 1 other piece of clothing you can't travel without
- 1 pair of thin gloves
- 1 belt
- 1 passport pouch: Baggizmo
- 1 small first-aid kit: *Band-Aids, disinfectant cream, gauze*
- 1 digital thermometer
- Tylenol or Advil
- 1 small LED flashlight
- 1 fast-drying camping towel
- 1 mesh bag
- A 25L backpack: carry-on size
- Needles and threads
- 1 soft water bottle
- 1 smartphone, with an extra battery pack
- 1 phone charger, with adaptor plugs
- 1 cylinder of toilet paper
- 1 pen
- 3 Ziploc plastic baggies
- A 3 m length of thin string
- 1 passport with visas
- Driver's license
- Travel health insurance card with an emergency contact number
- All necessary medicines: and get all your immunizations before traveling
- 2 credit cards
- 1 bank card
- Business cards
- 1 liquids carry-on bag with:
 - *a laundry detergent*
 - *2-3 plastic disposable razors*
 - *a travel-size shaving foam*
 - *toothbrush and floss*
 - *travel-size toothpaste*
 - *travel-size deodorant*
 - *travel-size container of shower gel that doubles as shampoo*