

The Ultimate Packing-list for Backpacking Australia

Ozzie  Backpackers

Clothing & Shoes

- T-shirts
- Long sleeved shirts (incl. a thin sweater)
- Shirts (when you need to dress up a bit for the night)
- Shorts
- Long trousers (Jeans or faster drying trousers) / (sport) Legging
- Swimsuit
- Underwear for one week (+ bra's for the ladies)
- Socks (although you'll mostly walk around on flip flops)
- Raincoat (instead of a poncho → You can use a raincoat when it is windy as well, which would be a bit odd with a poncho)
- Sunglasses
- Hat (the sun can be unforgiving in Australia)
- Flip flops / Havaianas
- Sneakers / Running shoes (most hikes in Australia can be easily done on sneaker, so choose the most comfortable pair to walk on. Hiking boots can be heavy and take up a lot of space)

Don't bring expensive stuff with you. Clothing will get a very peculiar smell after it has been traveling around in a backpack, and sometimes you have to throw things away. Choose dark clothing or clothes with prints on it. You'll probably wear the same shirt for a couple of days, and with prints and dark colours it is less likely that you'll see the stains on it that you have been collecting during your trip.

Personal Hygiene

- Toothbrush + Toothpaste
- Deodorant
- Razor + Soap
- Shampoo + Conditioner
- Gel / Wax
- Comb / Brush
- Elastic bands
- Tampons
- Lip balm
- Tiger balm
- Cottonswabs
- Contact lens fluid
- Day cream / Body lotion
- Travel towel (fast drying)
- Sarong (big enough to use as a beach towel)
- Laundry detergent (to wash your underwear yourself)

Prevention

- Condoms (you might get lucky)
- Birth control- pill
- Medications for existing illnesses
- Suncream (although you can buy this in Australia obviously.
Use at least factor 30 because the sun in Australia is harsh)
- After-sun
- Anti-Mosquito (again you can buy this in Australia as well)

First Aid

- Aspirin / Ibuprofen
- Diarrhea inhibitors (Norit)
- ORS (Oral Rehydration Sachets)
- First Aid kit (with for example a needle, tweezers, scissors, sterilon/alcohol, nail scissors and (blister) bandages)
- Sewing set
- Travel sickness tablets (helps you sleep in busses as well)
- Earplugs + Sleeping mask (first aid with noisy roommates)

Electronics & Gadgets

- Mobile Phone (simlock free so you can buy a SIMcard)
- Digital camera
- Laptop / Tablet (handy for both communication and saving your photo's. Also perfect if you just want to watch a movie)
- E-reader
- MP3-player
- Bluetooth speakers (perfect for on the beach, in a park or a party in your room)
- Chargers
- Adapter
- Headphone / Earphones
- Headphone splitter (if you want to watch a movie or listen to music together)

Entertainment

- Travel diary + Pen
- Puzzlebook
- Stack of cards + Dice (you'll easily make friends while playing (drinking) games)
- A Pen
- Headlight (very convenient if you want to read before going to sleep or when you are camping)
- Lock (sometimes you need to bring you own for lockers or put it on your flight-bag or backpack)
- [Download the ultimate travel guide](#)

Handluggage

- Passport
- Credit + Debit card
- (International) drivers license
- (Health) insurance pass
- Money
- Printed tickets
- A print of your bank account (you might need it for customs)

Additional items
