



# HOLIDAY PACKING LIST FOR RUNNERS

## Travellers Packing List

Date : \_\_\_\_\_ Destination : \_\_\_\_\_

Everything else apart from your Running Gear

### CLOTHES

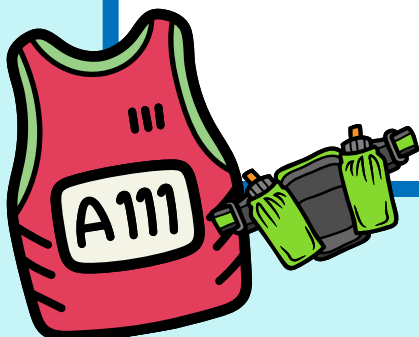
- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Pants / Shorts   | <input type="checkbox"/> Shoes/Boots    | <input type="checkbox"/> Sleepwear           |
| <input type="checkbox"/> Shirts / Tops    | <input type="checkbox"/> Socks / Tights | <input type="checkbox"/> Jacket / Coat       |
| <input type="checkbox"/> Underwear/Bras   | <input type="checkbox"/> Cap/Hat/Visor  | <input type="checkbox"/> Gloves/Scarves      |
| <input type="checkbox"/> Jumper/Sweater   | <input type="checkbox"/> Gym Gear       | <input type="checkbox"/> Thongs (Flip-flops) |
| <input type="checkbox"/> Dresses/Skirts   | <input type="checkbox"/> Swimmers       | <input type="checkbox"/>                     |
| <input type="checkbox"/> Suit/Formal Wear | <input type="checkbox"/> Belt / Tie     | <input type="checkbox"/>                     |
| <input type="checkbox"/> Raincoat/Brolly  | <input type="checkbox"/> Staff Uniform  | <input type="checkbox"/>                     |

### PERSONAL

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Shampoo/Cond       | <input type="checkbox"/> Shave Gear       | <input type="checkbox"/> Vitamins             |
| <input type="checkbox"/> Sunscreen          | <input type="checkbox"/> Tweezers         | <input type="checkbox"/> Hair Gel/Spray       |
| <input type="checkbox"/> Medications        | <input type="checkbox"/> Nail Clippers    | <input type="checkbox"/> First Aid Kit        |
| <input type="checkbox"/> Moisturiser/Creams | <input type="checkbox"/> Deodorant        | <input type="checkbox"/> Travel Sickness Tabs |
| <input type="checkbox"/> Pain Relief Tabs   | <input type="checkbox"/> Powder           | <input type="checkbox"/> Hair Brush           |
| <input type="checkbox"/> Band-aids          | <input type="checkbox"/> Toothbrush/Paste | <input type="checkbox"/> Makeup               |
| <input type="checkbox"/> Tissues            | <input type="checkbox"/> Lip Balm         | <input type="checkbox"/> Birth Control        |

- Menstrual Products
- Soap
- Hand Sanitizer
- Face Masks
- Toiletries Bag

**NOTES :**





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### ELECTRONICS

- Mobile Phone
- Drone
- Tablet/Computer
- Airline Audio Plug
- Chargers
- Torch
- Electrical Adaptors
- Action Camera
- Sims/Sim Tools
- Tripod/Selfie Stick
- Powerpacks
- Memory Cards
- Headset/Earphone
- E-Book Reader

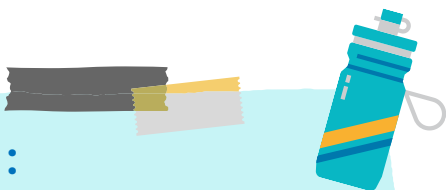
### ACCESSORIES

- Glasses/Cleaners
- Duct Tape
- Sunglasses
- Pen and Paper
- Travel Pillow
- Backpack
- Water Bottle
- Baggage Locks
- Snacks/Coffee
- Keys
- Sewing Kit
- 
- Plastic Bags
- 

### TRAVEL/OTHER

- Cash / Cards
- Foreign Currency
- Travel Tickets
- Passport/Visa
- Event Tickets
- Licences/ID
- Insurance Details

- Wallet/Purse/Bag
- Maps
- Itinerary
- Books
- 



**NOTES :**

