TWO BY THE WORLD

The Packing List

What we really carry, after a round-the-world trip in 2019 and a year-long one that started in 2024.



12 kg

all we carry now, down from 16 kg + 4 kg

How we pack

On our first trip we sent part of our luggage home twice because we were not using it. Since then we pack less, and the same way every time. These are the rules we kept.

One backpack

Other luggage does not make sense for us. A backpack keeps our hands free and makes us more agile.

Light and practical

We once travelled with two backpacks, 16 kg plus 4 kg. Now it is one, around 12 kg in total.

A 40-litre bag

The Osprey Farpoint 40 limits what we can carry but lets us fly mostly with cabin luggage, which helps the price of the tickets.

Pouches for everything

They make it easy to pack and unpack at every stop.

A cloth bag for what matters

The most important items go in it, and it stays with us on flights.

An ultralight day pack

When the main backpack stays at the accommodation, this is what we take out.

What we learned the hard way

- Two backpacks were a mistake: one is enough, and our hands are free.
- We sent part of our luggage home twice on the first trip around the world.
- Water shoes protect our feet on rocky shores and coral. Now they are on the list.
- We needed an international driving permit in South Africa, Australia and New Zealand. It depends on the country of your licence, so always check.
- We did not carry a sewing kit and had to buy one to sew a backpack.
- We have not used the first-aid kit so far.
- We carry no drone and no computer, and we wash and replace clothes when needed, so we carry less clothing.

Tick each item a few days before you leave and again when it goes into the bag. Updated November 2026.

Documents

- [ ] Passports and copies
- [ ] Second ID, such as the citizen card · if the passport is lost or stolen
- [ ] Driver's license and international permit
- [ ] Travel insurance certificate · a paper copy, in case digital access is lost
- [ ] Travel credit cards and a regular credit card
- [ ] International vaccination certificate · check consular information
- [ ] Prescriptions for our medication · avoids problems at customs
- [ ] Passport photos · for visas
- [ ] Visas or electronic travel authorisations · where needed, check each country · suggestion
- [ ] Digital copies of the documents · cloud and email · suggestion

Technology

- [ ] Plug adapter with USB and USB-C
- [ ] Camera and accessories
- [ ] GoPro · for water adventures
- [ ] iPad · ours, optional
- [ ] Kindle · ours, optional
- [ ] Phone and watch chargers
- [ ] Mini tripod · ours, optional
- [ ] Power bank
- [ ] Cables and a cable pouch · suggestion
- [ ] Headphones · suggestion
- [ ] eSIM installed before leaving · suggestion
- [ ] Offline maps and downloaded tickets · suggestion





Hygiene

- [ ] Toothbrush and charger
- [ ] Toothpaste and dental floss
- [ ] Deodorant
- [ ] Face cream and cleansing gel
- [ ] Razor, shaving cream and electric shaver
- [ ] Nail clippers and tweezers
- [ ] Cotton swabs
- [ ] Lip balm
- [ ] Hair wax
- [ ] Perfume
- [ ] Tissues and wet wipes
- [ ] Insect repellent
- [ ] Sunscreen · suggestion
- [ ] Liquids bag with 100 ml containers · suggestion

Small things that help

- [ ] Eye mask · bright rooms
- [ ] Earplugs · busy areas and transport
- [ ] Locks · for the bag, also when it stays at the hotel
- [ ] Water bottle · fill it where the water is safe
- [ ] Dirty laundry bag
- [ ] Packing cubes · all our clothes go in them
- [ ] Sewing kit · we had to buy one
- [ ] First-aid kit · we have not used ours so far
- [ ] Large document pouch · stays at the accommodation
- [ ] Notebook and pen
- [ ] Small wallet
- [ ] Sunglasses
- [ ] Rain cover for the backpack
- [ ] Ponchos · the simplest ones, they take little space
- [ ] Waterproof bag · boat trips
- [ ] Eco-friendly bag · shopping and flights
- [ ] Medication · as prescribed, talk to your doctor
- [ ] A little cash for arrival · suggestion

Clothes

- [ ] T-shirts · 5
- [ ] Underwear and socks · 7, enough for a week
- [ ] Pants · 2
- [ ] Shorts · 2
- [ ] Swimwear · 2
- [ ] Shirt
- [ ] Sweatshirt
- [ ] Cold weather jacket
- [ ] Light waterproof jacket
- [ ] Sneakers · multipurpose: harder hikes or sport
- [ ] Flip-flops · beach days
- [ ] Water shoes · rocks and coral
- [ ] Cap, bandana and belt
- [ ] Compact towel
- [ ] Sleepwear · suggestion
- [ ] Hat and gloves for cold trips · suggestion

> We pack for about a week and wash what we need. There are laundromats almost everywhere and, at worst, a sink.

Our tricks

- All the clothes go in packing cubes.
- Wash with care: many laundromats dry at too high a temperature, so clothes wear out and shrink.
- The bag is the key choice. We invested in the Osprey Farpoint 40: it is light, practical and a lot fits. We now use it on every trip as cabin luggage. Some airlines have a lower cabin weight limit, so check.
- It closes at the back, so it can go in the hold without problems when we need it. We use it both ways.

Adapt it to the trip

Cold and snow

Layers: a base layer of long johns and a thermal sweater, and a good waterproof jacket with a hood for polar cold. Warm, waterproof boots.

Beach

Quick-dry shorts in plain, neutral colours that make several outfits.

Road trip

We never forget our snacks and a cable to connect the phone to the car.

Hikes

A small backpack for the essentials.

Buy it there. Snacks, and toiletries such as shampoo and shower gel when the accommodation does not provide them.

Planning the trip too?

Our trip planner builds the day-by-day itinerary from trips we really took. **twobytheworld.com/trip-planner**