



Travel essentials

When you visit colder countries

Do not forget to visit <http://www.planet-drifter.com> for travel tips, reviews and information.

Travel Essentials

- **Passport** (with any necessary visas)
- **Travel Insurance**
- **Flight Tickets / E-tickets**
- **Accommodation Details**
- **Emergency Contacts**
- **Travel Itinerary**

Clothing

Base Layers:

- **Thermal Tops & Bottoms:** Essential for insulation and warmth.
- **Moisture-Wicking Underwear:** Keeps you dry by wicking sweat away from your body.

Mid Layers:

- **Wool Sweaters or Fleece Jackets:** Provides warmth without bulk.

-
- **Turtlenecks or Long-Sleeved Shirts:** A stylish and functional layering option.

Outer Layers:

- **Winter Coat/Parka:** Waterproof or water-resistant, well-insulated, and windproof.
- **Insulated Pants:** For extra warmth, especially for outdoor sightseeing.
- **Waterproof Jacket:** In case of rain or slushy conditions (if not already integrated into your coat).

Accessories:

- **Warm Hat:** Covers your ears, ideally made of wool or fleece.
- **Scarf:** Wool or knit for warmth; consider an infinity scarf for convenience.
- **Gloves/Mittens:** Insulated and waterproof; touchscreen-compatible if needed.
- **Thermal Socks:** Wool or synthetic materials to keep your feet warm and dry.
- **Earmuffs or Headbands:** Additional protection for ears in windy conditions.

Footwear:

- **Waterproof Boots:** Insulated with non-slip soles for traction on snow and ice.
- **Comfortable Walking Shoes:** For days when heavy boots aren't needed.
- **Liner Socks:** For extra insulation or to prevent blisters.

Sleepwear:

- **Thermal Pajamas or Fleece Sleepwear:** For cozy sleep in cold conditions.
- **Slippers:** For wearing indoors in accommodations that may have cold floors.

Travel Items

Luggage:

- **Durable Suitcase or Backpack:** Weather-resistant material is ideal for cold, wet conditions.
- **Packing Cubes:** To organize and compress your clothing.
- **Daypack:** Small, sturdy backpack for daily use.

Travel Accessories:

- **Travel Pillow:** For comfort during long drives or flights.
- **Blanket/Throw:** Compact but warm for road trips or flights.
- **Reusable Water Bottle:** Insulated to keep drinks warm in cold weather.
- **Snacks:** Non-perishable snacks for the road, such as nuts, granola bars, or dried fruits.
- **Sunglasses:** Protect your eyes from glare off the snow.
- **Umbrella:** Compact, windproof design for unexpected rain or snow.
- **Hand and Foot Warmers:** Disposable or reusable for extra warmth.

Road Trip Essentials:

- **Car Charger:** For keeping phones and other devices powered.
- **Portable Phone Mount:** For easy navigation without distractions.
- **Emergency Car Kit:** Jumper cables, tire pressure gauge, flashlight, and warning triangle.
- **Snow Brush & Ice Scraper:** For clearing snow and ice from your vehicle.
- **Blanket for the Car:** In case of a breakdown or emergency.
- **Roadside Assistance Information:** Have contact information readily available.

Electronics:

- **Smartphone:** Loaded with maps, itineraries, and emergency contacts.
- **Power Bank/Portable Charger:** To keep your devices charged while on the go.
- **Camera:** Or smartphone with a good camera for capturing your trip.
- **Travel Adapter:** If traveling to a country with different plug types.
- **E-Reader/Books:** For entertainment during downtime.
- **Headphones:** Noise-cancelling ones are ideal for travel.

Toiletries

- **Moisturizer:** Cold air can dry out your skin; bring both face and body lotion.
- **Lip Balm:** Preferably with SPF for dry, chapped lips.
- **Hand Cream:** To prevent cracked and dry hands.
- **Sunscreen:** Snow can reflect sunlight, so protection is still important.
- **Travel Size Shampoo/Conditioner/Body Wash:** Keep your luggage light by bringing travel-size bottles.
- **Toothbrush & Toothpaste:** Basic hygiene essentials.
- **Medication:** Any personal medication, plus a basic first-aid kit with items like pain relievers, band-aids, and cold/flu remedies.
- **Hand Sanitizer:** Especially during a road trip or for public transport.
- **Tissues/Wet Wipes:** Useful for winter colds or general hygiene on the go.

Miscellaneous

- **Re-sealable Bags:** For dirty or wet clothes.
- **Laundry Bag:** For separating used clothing from clean ones in your luggage.
- **Small Sewing Kit:** For quick clothing repairs.
- **Notebook & Pen:** Useful for jotting down notes, addresses, or keeping a journal.

-
- **Travel Wallet:** To keep important documents and currency organized.
 - **Emergency Contact Information:** Both physical copies and stored on your phone.
 - **Flashlight:** In case of power outages or poorly lit streets.

Health & Safety

- **Face Mask:** In case of crowded places or local health regulations.
- **Disinfectant Wipes:** For wiping down surfaces like car interiors or restaurant tables.
- **First Aid Kit:** Including cold and flu medicine, bandages, antiseptic wipes, and any prescription medication.
- **Reusable Shopping Bags:** Helpful for groceries or souvenirs while reducing plastic use.

Extras for Comfort

- **Travel Mug:** Insulated to keep beverages warm during long walks or drives.
- **Coffee/Tea Sachets:** If your accommodations don't have them available.
- **Collapsible Cup:** Space-saving for drinks on the go.