




What should I carry... and what should pack?

The best way to answer this question is to think of three layers and to be flexible based on context you'll find yourself in.

	Important Items	Items to consider	Tips/Things to consider
On you 	<ul style="list-style-type: none"> • Identification • Cash • Appropriate clothing • Means of communication (e.g., cell phone) • Anything essential like glasses or medicines 	<ul style="list-style-type: none"> • Belt to carry items additional items • Sun protection • Multi-tool • Flashlight/torch 	<ul style="list-style-type: none"> • Ensure your attire is both culturally / contextually appropriate and right for the weather / climate • Consider situations where you may lose everything 'on you', what would you do?
With you 	<ul style="list-style-type: none"> • External clothing appropriate for weather change (e.g. rain coat) • Water container/bottle • Snack • Second means of communication (e.g., radio) • 'Go Bag' of essential items (e.g., duct tape, first aid items, etc.**) 	<ul style="list-style-type: none"> • Means to power communication devices • Additional clothing if weather is expected to change • Additional food • Water or means to sterilize water • Toothbrush/paste • Pain reliever 	<ul style="list-style-type: none"> • This layer should be able to sustain for you up to 72 hours • Think about the carrying second/redundant items such as a second flashlight/torch • Do not put essentials such as identification, money, glasses or medicines in this layer as it may be the first thing separated (e.g., lost or stolen) from you • Ensure your attire is both culturally / contextually appropriate and right for the weather / climate • Consider situations where you may lose everything 'with you,' what would you do?
Near you* 	<ul style="list-style-type: none"> • Additional identification • Clothing for duration of trip • Toiletries • Back-ups of anything carried 'on you' but not 'with you' (in the case where the bag with you is lost or stolen, you can still have essential items such as glasses and medicine) 	<ul style="list-style-type: none"> • Anything that may be difficult to find at the location(s) you'll be in that are difficult to find and will make you more productive or comfortable 	<ul style="list-style-type: none"> • In addition to the right clothing, make sure you have the right attire for transitions (e.g. conditions en route, formal occasions and climatic changes over time) • Is there way to lock or otherwise secure your baggage (ideal bags can be physically secured to items such as radiators or furniture)? • Consider situations where you may lose everything 'near you,' what would you do?

* This assumes you'll be carrying basic items like comfort items, favorite technology, essential personal health items and the like.

** Many items can be included in a small additional bag, in addition to the items mentioned above, such as something to write on, a way to cut and separate things, a means to start fire and signal others, rope or cord, safety pins and so on. Never carry anything more dangerous than a pocketknife and matches, it will only lead to more trouble.