

Backpacking Europe Packing List

One week of clothing, whether you are gone two weeks or three months. Decide the weight first, then spend it.

DOCUMENTS & MONEY

- ☐ Passport **valid 3+ months** past departure
- ☐ Photo & cloud copies of passport, visas
- ☐ Travel insurance + assistance number
- ☐ Credit card, no foreign transaction fee
- ☐ Debit card on a **different network**
- ☐ Small amount of euros for day one
- ☐ Entry or vaccination records if required

ONE-WEEK CLOTHING CAPSULE

- ☐ **5 tops**, merino or synthetic
- ☐ 2-3 bottoms — **no jeans**
- ☐ 1 warm mid-layer (fleece or light down)
- ☐ 1 rain shell with a hood
- ☐ 7 pairs underwear, 4-5 pairs socks
- ☐ Sleepwear that works in a common room
- ☐ Packable scarf or buff

SHOES

- ☐ Cushioned walking shoes, **broken in**
- ☐ Second pair: sandals or slim sneaker
- ☐ Flip-flops for shared showers
- ☐ Wear the heaviest pair on travel days

TECHNOLOGY & POWER

- ☐ Phone, cable, power bank **<100 Wh**
- ☐ Type C adapter · **Type G** for UK & Ireland
- ☐ Multi-port charger, not a power strip
- ☐ Headphones · e-reader
- ☐ Laptop only if the trip needs one

TOILETRIES & HEALTH

- ☐ Solid shampoo & conditioner bars
- ☐ **Your own conditioner** — hostels rarely stock it
- ☐ Toothbrush, paste, deodorant, razor
- ☐ Sunscreen and SPF lip balm
- ☐ Prescriptions in original packaging
- ☐ Pain reliever, antihistamine, anti-diarrheal
- ☐ Blister plasters & anti-chafing balm
- ☐ Small first-aid kit, hand sanitizer

HOSTEL & TRANSIT

- ☐ **Padlock** sized to the locker
- ☐ Quick-dry travel towel
- ☐ Earplugs and eye mask
- ☐ Reusable water bottle
- ☐ Day bag that folds flat
- ☐ Headlamp or small torch

LAUNDRY KIT

- ☐ Soap sheets or a laundry bar
- ☐ **Sink stopper**
- ☐ 1 m paracord + 2 clothespins

BEFORE YOU LEAVE

- ☐ **Weigh the full bag** — pack a luggage scale
- ☐ Check your airline's exact dimensions
- ☐ Split cards between bag and body
- ☐ Tell your bank the route
- ☐ Confirm whether the hostel charges for towels
- ☐ Wear the bulkiest layer, don't pack it

THE WEIGHT BUDGET

CATEGORY	TARGET	NOTE
Empty backpack	1.0-1.5 kg	Easiest place to lose weight
Clothing, one week	2.5-3.0 kg	Merino and synthetics
Second pair of shoes	0.4-0.8 kg	Worn pair is free
Toiletries & medication	0.5-0.8 kg	Solids and decants
Electronics & cables	0.6-1.2 kg	Laptop is the swing factor
Day bag, laundry, misc	0.4-0.6 kg	
Total	5.4-7.9 kg	Fits an 8 kg cabin limit

LEAVE AT HOME

Jeans · full-size toiletries · travel power strip · hiking boots you won't hike in · a visible money belt or fanny pack · towels from home · a guidebook per country · more than one week of clothing.