



If you're currently on the hunt to prepare yourself for your overseas adventure, then right now you're probably trying to condense down the list of gear to bring.

If you need a few points about what you need to bring, and what features to look for – then read on for our 5 essential items for your overseas travel checklist.

1. Comfortable lightweight day pack

Even if you'll spend most of your time relaxing – there's likely to be times when you head out-and-about.

While many travel packs come with zip-on bags, these tend to be small and lack useful features. Daypacks range from 15-40 litres making them light, but roomy enough to fit the necessities (e.g., phone, money and camera).

Look for:

1. Comfort

Comfortable, adjustable harness with padded straps and good ventilation

2. Rainproof cover

This will protect valuable electronic gear that you have in your pack.

3. Hydration compatibility

So you don't have to buy drinks or pack bulky water bottles.

4. Laptop compartment

If you need to catch up on those emails.

5. External/side pouches

Where you can store wet or muddy gear and snacks.



The [Black Wolf Titanium 35](#) represents good value and features. This streamlined pack has the volume and features that will take you from the urban playground to the trail.

2. Hydration system

A hydration system can be very valuable as you don't need to stop to get your bottle out of your pack. They come into their own when riding a bike or motorbike, horse, etc.

Look for:

1. A sufficient size

Typically options are between 1 – 3 litres – but this will depend on how much you drink, how far you are going and for how long

2. A Good mouthpiece

Many cheaper ones are poorly made, leak and don't withstand knocks.

3. Pull-apart components are easy to clean

Also look for ones that have available service kits available, like those from [Camelbak](#).



A good bladder to consider is the [Black Wolf Tank 2L](#) as it's functional and reliable, and



doesn't cost the earth.

3. Light-weight cooking gear

While some may say it's a little over-the-top, I always pack my cooking gear when heading overseas.

It's a particularly good idea for longer expeditions or when you are on a tight budget. I remember a road trip through Europe when I used my faithful MSR stove nearly every day to prepare a cheap hot lunch. Lightweight cookers typically come operate on gas, pressurised liquid fuel or simple liquid fuels i.e. metho.

Look for:

1. Gas stoves

Gas types are the simplest (and cheapest) but you can't take cylinders on a plane, plus finding them when you arrive can be difficult (especially in less developed countries).

2. Pressurised multi-fuel styles

The MSR whisper lite is a good example, they can be a little daunting to learn to use – but I find them the best.

3. Liquid fuel stoves

Liquid fuel types like Trangia – are indestructible, simple to use but are bulkier and don't heat as efficiently



The 360 Degrees Furno Stove and Pot Set is an all in one solution at a price that's hard to go past.

4. Head torch

From finding the light switch in a dark hostel room to searching for that bottle opener behind the back seat of the car, I've found my head torch is one of the things I reach for most. LED technology has come a long way, and the headtorch range available today is extensive. Beware of cheaper models that drain batteries and will let you down when you need them most.

Look for:

1. Comfort and ease of use

Comfortable head strap and up-down pivot adjustability.

2. Sufficient power

A 100-lumen output is the benchmark for an average good quality head torch.

3. Adjustable LED beam

This feature is handy as it will conserve battery life.

4. Water resistant

This ensures that the headtorch will perform in all kinds of weather.





The *Black Diamond Revolt Headlamp* features hybrid power technology making it easier to keep charged on your travels.

5. Multi-tool or Swiss style pocket knife

Arguably one of the most useful items you can take with you. Whether you prefer a multi tool (like a Leatherman) or a traditional Swiss style pocket knife (Victorinox or Wenger) there's sure to be a model that has the tools and size you are after.

Look for

1. Precision, high-quality steel construction

This is where the extra money you pay off when it comes to a multitool. The general difference between Multi-tools and Swiss styles typically are – the former

2. The differences between Multi-tools and Swiss styles

Multitools are preferred by tradies as they include pliers and wire strippers, while the Swiss designs tend to be more for travellers as they have a corkscrew, scissors and other novelty features like a toothpick.

3. Lockable blades

These can be an advantage, as it is an extra safety measure to ensure the blade stays put when in your pocket. Just remember not to put it in your carry-on bag!



The *Leatherman Wingman* for its balance between traditional pocket knives and bulkier multitools. It's compact, has a good set of full sized accessories, and comes at a value for money price.

Those our handy essentials for the traveller who likes to be prepared for all kinds of situations, we hope this has helped you prepare for your overseas adventure.

What is on your travel essentials packing list?