

Medicine Cabinet

First aid kit

- tape
- blister bandages
- elastic fixation bandage
- alcohol swabs
- bandages of different shapes and sizes
- emergency/space blanket
- triangular bandage

Corona kit

- thermometer
- nasal spray
- pain killer
- throat lozenges/cough drops

Personal items

- toothbrush and toothpaste
- deodorant
- personal medications
- feminine hygiene products
- hairbrush
- shower gel/soap/shampoo
- nail clipper
- chap stick
- sun screen**
- insect repellent
- hand sanitizer
- tweezers
- toilet paper



Electronics

- power bank
- phone
- charger and cable with correct adapter
- headphones
- bike computer
- Apps
- camera

Documents

- identification – passport or EU ID card
- visas
- train/bus tickets
- maps
- health insurance
- credit/debit cards

Odds and Ends

- Swiss army knife
- book, podcasts, music, journal
- money

