

Your packing checklist

Tick what you need for your route, season and travel style.

DOCUMENTS & ESSENTIALS

- ☐ Passport and required travel documents
- ☐ Copies stored securely offline
- ☐ Travel insurance details
- ☐ Booking and transport confirmations
- ☐ Cards and a sensible amount of cash
- ☐ Emergency contacts and address

FOR THE MOUNTAINS

- ☐ Warm layers for changing temperatures
- ☐ Weatherproof outer layer
- ☐ Sturdy footwear for your activities
- ☐ Hat, sunglasses and sunscreen
- ☐ Daypack and offline route notes
- ☐ Extra battery or charging option

EVERYDAY BAG

- ☐ Phone, cable and power bank
- ☐ Suitable plug adapter
- ☐ Refillable bottle and sun protection
- ☐ Light layer and rain protection
- ☐ Comfortable walking shoes
- ☐ Personal medication and supplies

USEFUL EXTRAS

- ☐ Small first-aid kit
- ☐ Hand sanitiser and tissues
- ☐ Reusable shopping bag
- ☐ Camera and spare storage
- ☐ Respectful clothing for site visits
- ☐ Space for the unexpected

MAKE IT YOURS

Check the forecast and route access before deciding on mountain gear.

Extra item: _____ Extra item: _____

Trip budget worksheet

Use your own currency and current quotes. Fill in estimates, then actual costs.

Trip dates: _____

Travellers: _____

Currency: _____

Length: _____ days

Target budget per person: _____

CATEGORY	ESTIMATE	ACTUAL	NOTES / QUOTE
Flights or long-distance travel	_____	_____	_____
Visa and document costs	_____	_____	_____
Insurance	_____	_____	_____
Intercity transport	_____	_____	_____
Local transport	_____	_____	_____
Accommodation	_____	_____	_____
Food and drinks	_____	_____	_____
Activities and guides	_____	_____	_____
Mobile data / SIM	_____	_____	_____
Other	_____	_____	_____
Contingency buffer	_____	_____	_____
TOTAL TRIP	_____	_____	
PER PERSON	_____	_____	

Tip: keep the contingency buffer separate from your planned spending.

Before you go

A calm, practical final check - revisit official advice close to departure.

EARLY PLANNING

- ☐ Check current entry rules for your nationality and itinerary.
- ☐ Review official travel advice for each place on your route.
- ☐ Discuss travel health needs with a qualified professional.
- ☐ Compare travel insurance cover for your planned activities.

ONCE YOUR ROUTE IS SET

- ☐ Confirm transport and accommodation details.
- ☐ Check seasonal road access and weather for mountain stages.
- ☐ Save offline maps, key addresses and booking details.
- ☐ Plan payment options and set a sensible contingency budget.

JUST BEFORE DEPARTURE

- ☐ Recheck official advice, entry documents and travel updates.
- ☐ Share your route and contact details with someone you trust.
- ☐ Charge devices and save useful documents offline.
- ☐ Check your packing list against the latest forecast.

CHECK THE LATEST INFORMATION

Entry: visa.nadra.gov.pk | UK travel advice: gov.uk/foreign-travel-advice/pakistan

Travel health: travelhealthpro.org.uk/country/171/pakistan