

Backpacking -Traveling Light Borneo Style

Shelter & Sleeping

- Sleeping Bag
- Ground Cloth

Packing

- Backpack
- DryBag (10L – 40L)
- Daypack
- Ziploc Bag
- Lash Cord / Straps
- Pad Locks

Navigation

- Maps
- Travel Notes / Books
- Glasses / Contacts
- Pen & Pencils
- Small Book
- Headlamp
- Small Flashlight
- Extra Batteries
- Chargers

Clothing

- Boots/Shoes/Wet Shoes
- Socks (Thin & Thick)
- Cap
- Windblock Cap / Snow Cap
- Fleece / Down Jacket
- Shorts
- Pants
- Hiking Shorts
- Swim Shorts
- T-shirts (dry-fit)
- Sleeveless Shirts
- Face Towel

Essentials

- First Aid Kit
- Prescription Meds
- Sunblock
- Lip Balm
- Tiger Balm or Vics
- Insect Repellent
- Mopiko (after mosquito bite use)
- Small Knife
- Hand Sanitizer

Miscellaneous

- Tooth brush (bring spare, you never know when you need it.)
- Tootpaste
- Telephone with internet enable
- Back up small phone
- Power Banks
- Charger
- Ipad
- Soap
- Shampoo
- Duct Tape
- Sewing Kit
- Camera / Film /Tripod
- Watch / Clock
- Bandana
- Card Games
- "In case of emergency card with full contact details.

What's in your first aid kit (basic)

- Ⓢ Tweezers
- Ⓢ Safety Pins
- Ⓢ Antibiotic Ointment
- Ⓢ Antiseptic Towelettes
- Ⓢ Wound Closure Strips
- Ⓢ Moleskin or duct tape for blisters
- Ⓢ Bandaids
- Ⓢ ACE bandage
- Ⓢ Bandanna (for splints)
- Ⓢ Ibuprofen
- Ⓢ Antihistamine
- Ⓢ Gatorade powdered drink (emergency electrolytes, energy)
- Ⓢ Also, for a survival/first aid kit:
- Ⓢ Signaling device (whistle, mirror)
- Ⓢ Safety Matches/fire-starter
- Ⓢ Mylar blanket

**Base on my own experience, this is what I need to travel in Malaysia, Thailand, Singapore, Borneo, Indonesia. (Other places I've not tried yet)*