

Checklist of Essential Items for Autumn Travel 🍁🍂

A complete and detailed checklist of essential items for your autumn trip has been created and saved. This list includes the following:

Detailed Autumn Travel Checklist

1. Heating items and suitable clothing

- Waterproof and windproof jacket or coat
- Thick knitted sweater or jacket
- Base layer (thermal pants and shirt)
- Suitable waterproof pants (preferably for hiking)
- Scarf, knitted hat, and gloves
- Warm wool or hiking socks
- Warm sleepwear

2. Layered clothing (Layering)

- Long-sleeve or short-sleeve T-shirt for the first layer
- Hoodie or lightweight sweatshirt for the light middle layer
- Fleece or polar jacket for the warm middle layer

3. Proper shoes and socks

- Waterproof and comfortable walking or hiking shoes (ankle boots)
- Slippers or sandals for resting at the accommodation
- Extra socks (cotton and wool)

4. Safety and health items

- Complete first-aid kit (band-aids, betadine, painkillers, sterile gauze)
- Hand sanitizer
- Masks and tissues
- Personal pills, vitamins, and essential medications
- Sunscreen and lip moisturizer (despite the cold weather)

5. Camping and outdoor stay equipment

- Sleeping bag with comfort temperature suitable for autumn
- Insulating mat (Isomat) to retain heat
- Travel tent (if you plan to camp)
- Headlamp or flashlight with extra batteries
- Power bank and charging cables
- Thermos flask or water bottle
- Travel mug and personal eating utensils

6. Essential food and drinks

- Sufficient drinking water
- High-energy snacks (nuts, chocolate, energy bars)
- Tea, coffee, or herbal tea (plus tea bags/instant coffee)

I hope you enjoy your autumn trip!