

Medications		Toiletries	
<i>Please ensure you bring a letter from your medical practitioner for any prescription medicines along with any repeat prescriptions. While the same prescription cannot be used, it will make it easier for an Australian doctor to assist, should the need arise.</i>		Insect repellent	
First Aid kit (bandages, travel sickness tablets, cold/flu tablets, aspirin, antihistamine, calamine lotion, antiseptic, scissors, tweezers, safety pins)		UV sunscreen – Australian sun is harsh, so it is worth bringing some SPF30+ even for winter travel.	
Other medications that may come in handy when travelling (hopefully will not be required!)		Toothbrush & toothpaste	
<ul style="list-style-type: none"> • Antiseptic cream (very useful in case of fly or mosquito bite) 		Shampoo & conditioner	
<ul style="list-style-type: none"> • Paracetamol 		Deodorant	
<ul style="list-style-type: none"> • Imodium 		Razors & Foam	
Seeing glasses/contact lenses if required		Moisturiser	
		Comb/hairbrush	
		Hair dryer if required	
		Cosmetics	
		Sewing kit	
		Baby wipes (always useful in a camper)	
		'no water' soap is excellent, particularly if you are in the 2BTS	
Other essentials		My list.....	
Eco plastic bags – handy to store your dirty laundry, wet towels and rubbish.			
Torch – very useful for late night ready, fridge raiding or if you prefer to use campground bathroom facilities rather than you campervan toilet			
Address book for postcards home			
Travel journal & pens			
A good read – often campgrounds will have book exchanges in the games room or office. You can swap a book you've already finished reading			
Backpack for day/short walks			
DVDs – although you may be too tired after all your daily adventures or getting to know your new friends!			
We love to put our 'smalls' in mesh bags when travelling. This makes it easy to find our socks after a day of driving when items move around. You can probably find these at the \$2 shop if you don't have.			

