



Departure checklist

OVERLAND 4X4 · PRINT & TICK

Our list of essentials so you forget nothing before setting off. Some lines adapt to the destination, season and duration (desert, altitude, malaria zone, cold...). Tick, adapt, trim, and add your own lines in the « Your list » block.

Camp & sleeping

- ☐ Table
- ☐ Chairs
- ☐ Sleeping bags suited to the season
- ☐ Awning / tarp
- ☐ Pegs and cord
- ☐ Mattress
- ☐ Pillow
- ☐ Mosquito repellent
- ☐ Ear plugs
- ☐ Sleep mask
- ☐ Sunglasses

Cooking & cold

- ☐ Stove (gas, multi-fuel or electric) + fuel reserve
- ☐ Cookware
- ☐ Cutlery
- ☐ Cutting board
- ☐ Knife
- ☐ Sponge
- ☐ Biodegradable dish soap
- ☐ Tea towel
- ☐ Matches / lighter
- ☐ Corkscrew bottle opener
- ☐ Can opener
- ☐ Vegetable peeler
- ☐ Bin bags + storage bags
- ☐ Canned or dehydrated backup meals

Water

- ☐ Collapsible jerrycan or foldable bucket
- ☐ Filtration (filter bottle or other) / purification (filter + tablets)
- ☐ Hose + connector

Hygiene & health

- ☐ Hand sanitiser gel
- ☐ Shower towel
- ☐ Tissues
- ☐ Toilet paper
- ☐ Mosquito repellent + antimalarial treatment if in a risk zone
- ☐ Body cleansing wipes
- ☐ Toiletry bag
- ☐ Sanitary pads

Energy & electricity

- ☐ Charging cables for phone, tablet
- ☐ Cigarette-lighter socket charger adapter
- ☐ Power bank
- ☐ Built-in battery system / portable battery

Lighting

- ☐ Headlamp
- ☐ Flashlight
- ☐ Camp lantern

Navigation & orientation

- ☐ GPS with offline maps (2 apps, 2 devices, never a single source)
- ☐ Paper maps + compass for the region crossed
- ☐ Phone mount + cigarette-lighter charger

Communication

- ☐ Means of communication: local SIM, Starlink...
- ☐ Satellite messenger (InReach...)
- ☐ Walkie-talkie
- ☐ CB radio (if in convoy)

First aid

In a quickly accessible kit

- ☐ Disposable gloves
- ☐ Antiseptic solution or wipes
- ☐ Sterile compresses
- ☐ Emergency haemostatic dressing (serious bleeding)
- ☐ Adhesive plasters (various sizes) + blister plasters
- ☐ Adhesive strapping tape
- ☐ Adhesive tape (roll)
- ☐ Elastic bandage (+ triangular bandage if needed)
- ☐ Survival blanket
- ☐ Round-tipped scissors, tweezers, tick remover, thermometer
- ☐ Tourniquet (CAT type)
- ☐ Malleable splint

Medicines (adapt to each person)

- ☐ Usual personal medication in sufficient quantity + translated prescriptions (INN)
- ☐ Saline solution in single doses
- ☐ Painkiller / antipyretic (e.g. paracetamol)
- ☐ Anti-nausea medication
- ☐ Anti-diarrhoeal + laxative
- ☐ High-factor sun protection
- ☐ Ointment for sunburn / minor burns
- ☐ Antihistamine (bites, allergies)
- ☐ Broad-spectrum antibiotic on prescription (per medical advice / zone)
- ☐ Antimalarial
- ☐ Oral rehydration (ORS sachets)
- ☐ Lip balm
- ☐ Burn and sunburn cream

Road safety & mandatory items

- ☐ Fire extinguisher reachable from the cabin
- ☐ Warning triangle (1 or 2 depending on country)
- ☐ Hi-vis vests (one per occupant)
- ☐ Survival blanket
- ☐ Window breaker / seatbelt cutter (Resqme type), within reach
- ☐ Spare bulbs (mandatory in some countries)

Paperwork & money

- ☐ Passports
- ☐ Driving licence (international permit if needed)
- ☐ Vehicle registration
- ☐ Insurance
- ☐ Carnet de passages (depending on country)
- ☐ Digital and paper copies, stored separately
- ☐ Some cash in local currency and in euros / dollars
- ☐ Spare passport photos
- ☐ Up-to-date vaccinations + international certificate if required (yellow fever...)
- ☐ Emergency contacts + embassies printed
- ☐ Copy of prescriptions (especially prescription meds at customs)

Tools

Only if you know how to use them (also allows remote diagnosis)

- ☐ Socket and bit set suited to your 4x4
- ☐ Set of open-end / combination spanners
- ☐ Adjustable wrench
- ☐ Pliers (combination + cutting)
- ☐ Locking pliers
- ☐ Circlip pliers
- ☐ Flat + Phillips screwdriver
- ☐ Hammer
- ☐ Hacksaw
- ☐ Sandpaper
- ☐ Wire brush
- ☐ Vehicle-specific tools (pulley locking key, wheel-nut socket...)
- ☐ Hose / hose-clamp pliers
- ☐ Multimeter
- ☐ Gomboy folding saw or chainsaw
- ☐ Torque wrench or torque adapter (wheel tightening)
- ☐ Tyre valve remover
- ☐ Tyre lever or crowbar
- ☐ Wheel-nut and anti-theft socket
- ☐ Utility knife
- ☐ Tape measure
- ☐ Work light or headlamp
- ☐ Battery booster or jump leads
- ☐ Protective tarp for the ground

Repair & consumables

- ☐ Tyre plug repair kit for 4x4
- ☐ Cable ties (various sizes)
- ☐ Duct tape (gaffer)
- ☐ Electrical tape
- ☐ Wire
- ☐ Epoxy putty (JB Weld type)
- ☐ Super glue
- ☐ Ratchet straps (lashing)
- ☐ Assortment of screws / nuts / washers
- ☐ Stainless hose clamps
- ☐ Terminals, connector blocks, heat-shrink, a bit of electrical wire
- ☐ Rags + nitrile gloves

Recovery & sand recovery

- ☐ Work gloves
- ☐ Sand recovery boards
- ☐ Recovery strap (+ kinetic rope if needed)
- ☐ Tree trunk protector
- ☐ Soft shackle
- ☐ Strap dampener (safety in case of breakage)
- ☐ Tyre compressor
- ☐ Tyre deflator
- ☐ Shovel
- ☐ Folding pickaxe
- ☐ Jack (hi-lift or hydraulic) + wood block / base plate
- ☐ Spare wheel (pressure + condition checked)
- ☐ Winch + remote
- ☐ Snatch block / pulley

Your list

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Spare parts & fluids

- ☐ Accessory / drive belt(s)
- ☐ Diesel filter
- ☐ Air filter
- ☐ Oil filter
- ☐ Engine oil (top-up)
- ☐ Coolant
- ☐ Brake / clutch fluid
- ☐ Washer fluid tablets
- ☐ Grease
- ☐ WD40
- ☐ Spare hoses, fuel line
- ☐ Set of fuses
- ☐ Spare valve
- ☐ Spare bulbs
- ☐ Gasket sealant
- ☐ Spare set of vehicle keys (hidden separately)

For long trips

- ☐ Front / rear shock absorbers
- ☐ Bushings (shock absorber, Panhard rod)
- ☐ Alternator
- ☐ Brake pads
- ☐ Wheel bearing
- ☐ Swivel / hub bearing
- ☐ Ball joint (track rod end)

Fuel

- ☐ Diesel jerrycan(s)
- ☐ Funnel + siphon hose

Four-legged companions

- ☐ Harness / collar
- ☐ Leash / long line
- ☐ Foldable bowl
- ☐ Kibble / wet food
- ☐ Treats
- ☐ Its favourite toy
- ☐ Bed or blanket
- ☐ Towel
- ☐ Health record
- ☐ ID document / microchip
- ☐ Rabies titre test
- ☐ First-aid kit (tick remover, disinfectant, anti-emetic, anti-diarrhoeal; ask the vet)

Your list

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