

# Packing list

## for hot days



### Have you packed everything essential?

Take a **photo** of your ID card, health insurance card, driver's license (if available), and vaccination certificate on your smartphone



Your **smartphone**, a charging cable, a plug adapter, and a fully charged power bank

A **dust mask**



Plenty of **water** and enough **food** for the day

**Sun protection**, including a hat, sunscreen, and sunglasses

**Protective clothing**, such as work gloves, a high-visibility vest, safety goggles, and ear protection



**Rain gear**

**Spare clothing**

Important **medications** like allergy medication

**Notebook** and **pens**

**Cash** and **debit card**

Lightweight **backpack**



wirhelfenjetzt.rlp.de

Videos on the topic as well as this information in English and Turkish

