10 Things to Pack for Your Long Distance Train Journey

Long distance trains are one of the best ways of seeing the world, and whether you join one of the epic trains that cover thousands of miles, or take routes linking many different train services, it can sometimes become uncomfortable if you haven't brought the right equipment with you.



- [ ] 1. **Sleeping Bag** - This is definitely a good idea and is particularly useful if you are traveling on a budget and can't afford one of the comfortable sleeping compartments.
- [ ] 2. **Books Or An E-Reader** - One of the biggest challenges for those who are traveling on a long journey is avoiding boredom, and while the scenery can be spectacular, at times you may want to do more than looking out of the window.
- [ ] 3. **Inflatable Travel Pillow** - The headrests on train seats are certainly not the most comfortable, so having an inflatable pillow with you can help you to drop off to sleep much more comfortably than you could otherwise.
- [ ] 4. **Water** - Most trains will have an air-conditioning system, and one of the side effects of this is that it means that it draws moisture from the air. This means that you can lose moisture more easily, so having a liter or two of water with you can help you to rehydrate during your journey.
- [ ] 5. **Items To Freshen Up** - You won't want to be arriving at your destination looking and feeling rough, so having a small number of items to help you to freshen up if your train doesn't have a shower can be very useful.
- [ ] 6. **Hoodie or Fleece Jacket -** Staying warm on the train is important whether you are traveling in a carriage with an over-effective air-conditioning system or traveling in a cold area, and having a hoodie or fleece jacket in your pack is perfect for staying warm.
- [ ] 7. **Digital Camera** - A long journey is the perfect time to practice your photography, and to experiment with all of those settings and filters built in to your camera that you've never had the chance to try.
- [ ] 8. **Games And Activities To Help The Journey Go Quickly -**Having a laptop or tablet is fine if you are traveling solo, but with others card games or similar distractions can bring your group and other travelers in on the fun.
- [ ] 9. **Food -** If you are a fussy eater, are traveling on a budget or have specific dietary needs, planning in advance and bringing food can help to ensure that you will have something that you can enjoy, and won't have to spend much money on the food

on the train, which will often be unhealthy and expensive.

- [ ] 10. **Cutlery And Mug -** Although most people will think of these as camping gear, they are also very useful on long train journeys if you are bringing your own food and snacks with you.

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