Documents:

- Passport
- Plane tickets (and return tickets!!!)
- Medical insurance

Personal gear:

- Backpack for walking around the city

Clothing and footwear:

- Trainers (for cities)
- Comfortable clothes for long walks (average temperature +18)
- Raincoat/windproof jacket
- Fleece jacket
- Cap/hat

Miscellaneous:

- Sunglasses
- Sun cream, lipstick
- Personal first aid kit