**Thesis:**

While backpacking through Europe can be the time of one’s life, it is paramount to take measures to secure one’s mental and physical health.

1. Packing
2. sleep sack
3. money belt
4. flip flops
5. towel
6. comfortable shoes
7. Lodging
8. Hostels
9. book ahead
10. locker/lock
11. Train
12. night train
13. pack (hook to arm or leg)
14. General Tips
15. What to keep with you at all times
16. money belt
17. passport
18. Sleeping in public places
19. Prepaid phone card