

## General Packing List

### Clothing

Short sleeve shirt(s)  
Long Sleeve shirt(s)  
Sweater  
Jeans and/or long light pants or capris  
Skirt or sun dress  
Pajamas  
Underwear  
Socks  
Jacket (lightweight or heavy depending on weather at destination)  
Sandals  
Walking or hiking shoes  
Swimsuit

### Accessories/personal items

Passport  
Travelers checks  
Cash  
Credit/debit cards  
Reading materials (e-reader, magazines, books, etc.)  
Guidebook(s)  
Maps  
Eye shade  
Notepad/journal  
Pens  
Sunglasses  
Travel documents (boarding passes, contact info, directions, printouts w/ reservation confirmations, etc.)  
Alarm clock  
Binoculars  
Flashlight  
SteriPEN (to purify your own water)  
Water bottle (for your own purified water)  
Gifts for locals  
Postcards from your home city (to share with locals)  
Games (card or other small games)

### Electronics

Cell phone (make sure it is “unlocked” by your carrier so that you can use a local SIM card with it.)  
Cell phone charger  
Camera  
Camera charger  
Memory card(s) for camera  
Video camera  
Video camera charger  
iPod  
iPod charger

### **Toiletries**

Conditioner  
Shampoo  
Hairbrush  
Deodorant  
Hand lotion  
Face lotion  
Facial soap  
Makeup  
Razor  
Toothpaste  
Toothbrush  
Tweezers & nail clippers  
Dental floss  
Feminine products

### **First aid kit**

Tiger balm or pain reliever  
Prescription medicines  
Anti-diarrheal  
Mosquito repellent  
Tea tree oil (for cuts)  
Sunscreen  
Antibiotic cream  
Ace bandage  
Handi-wipes and/or anti-bacterial gel  
Safety pins  
Lip balm  
Band-aids

**Pack as little as possible** and bring only one carry-on if you can manage. Wear your heavier clothes and shoes on the flight.

**Dress in layers** when there's a wide range of temperatures at your destination expected.

**Note** – Educate yourself on what's appropriate to wear at your destination. For women, baring your shoulders, knees and elbows might not be appropriate in some countries. For men, shorts might not be appropriate. The more you can blend in with the locals, the more accepted and respected you'll be treated.