

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.