

# Packing Lists

(If you are planning to do shopping and/or willing to purchase brands available in the host country, reduce the list accordingly)

## Essentials (in neck pouch/money belt):

- passport/visa
- credit cards/ATM cards
- tickets
- cash
- driver's license
- health insurance card
- ISIC/On Call International cards
- prescriptions
- glasses or contact lenses

## In Your Carry-on Bag:

- photocopies of all important documents
  - prescription medication
- (see "Health" section of the handbook)

## Toiletries

- glasses and contact lens equipment
- extra pair of glasses or contacts
- cosmetics (if necessary)
- soap and soap dish
- toothpaste
- toothbrush
- small towel
- deodorant
- comb or brush
- razors
- shampoo/conditioner
- pads/tampons
- manicure items
- small, unbreakable mirror
- Kleenex
- hair equipment

## Supplies for the Road:

- water bottle
- safety pins
- needle/thread
- zip-lock plastic bags (for wet or leaking items)

## Accessories:

- a day pack or small canvas bag
- neck wallet or money belt
- reading material for traveling
- adapter/converter for voltage
- flashlight (small)
- battery-operated alarm clock
- camera/video camera
- gifts
- nylon expandable luggage, for more space
- sunglasses
- compact umbrella
- combination locks for luggage
- a few photos of family and friends

## Clothing

- culturally appropriate clothing
- comfortable walking shoes, already broken in
- sandals and/or shoes to wear with nice outfit
- one nice outfit (for going out or special occasion)
- clothing (washable, matches everything)
- socks (white ones may "mark" you as American)
- raincoat/rain poncho or waterproof windbreaker
- heavy sweater/down vest/fleece
- underwear
- swim suit
- pajamas (decent, as bathrooms may be down the hall)
- sun hat
- coat that will take you through several seasons, if needed

- something to remind you of home
- flash drive for extra media storage
- blank CDs to burn for photos

- batteries for digital camera
- address book
- journal
- a good guide book
- phrase book or dictionary

## For Active Traveling (i.e., Backpacking):

- hand sanitizer
- laundry soap
- sink stopper
- clothes line with suction cups
- flip-flops or Crocs
- cable lock to lock luggage to bed frame
- Swiss army knife
- instant coffee/tea
- chocolate or energy bars
- dried and instant foods

## Basic Health Items:

- band-aids and antibacterial cream (Neosporin)
- pain reliever
- vitamins
- sunscreen

## For Remote or Developing Regions:

- Lomotil or Imodium (for diarrhea)
- Kaopectate (for cramps)
- decongestant
- malaria pills
- water purification system
- mosquito repellent
- disinfectant
- aloe vera (for sunburn)