

Packing Checklists

Clothing: If you have hanging clothes, put them in a long plastic bag (such as a dry cleaner bag) and fold over; it helps to keep them clean and wrinkle free.

Packed	Item
	Shoes – walking, sandal/flip flop, etc.
	2 slacks
	2 Capri type
	1-2 pair shorts
	Skirt or dress /Nice slacks for men
	Shirts – 2-3 short sleeve
	Shirts – 2-3 long sleeve
	Socks – 4-5 pair
	Underwear – 4-5 pair
	Pajamas
	Fleece
	Rain jacket (rain pants if hiking)
	Swimsuit
	Optional: Thermals for colder climates which double as pajamas
	Optional: Scarf, hat gloves for colder climates
	Optional: Hiking boots

Toiletries: Regulations for carry-on allow for 3.4 oz. (100 ml).

Packed	Item
	Sunscreen
	Toothpaste/toothbrush/floss
	Deodorant
	Body lotion
	Face creams/moisturizer
	Razor—you can protect the blade with a binder clip
	Shave cream
	Shampoo and conditioner
	Body powder
	Soap
	Lip balm

	Brush/comb
	Insect repellent
	Makeup and small mirror
	Tweezers, nail file, manicure scissors
	Small sewing kit
	Safety pins
	Small bottle of liquid detergent or detergent pods; detergent stick to remove stains
	Travel towel
	Q-tips, cotton balls
	Hand sanitizer (preferable to wipes which generate extra trash)
	Kleenex, toilet paper (In many countries, public restrooms do not have paper)
	First aid kit and Medications* – See list below.

*First Aid Kit

Packed	Item
	Waterproof tape and gauze
	Ace bandage
	Band-Aids
	Mole Skin – for blisters
	Hydrocortisone cream – to treat insect bites or rashes from poisonous plants
	Antibiotic cream such as Neosporin
	Pepto Bismol
	Imodium
	Aspirin
	Cold medication
	Ibuprofen
	Acetaminophen
	Allergy medications
	Any prescribed medications (in their original bottle with Rx information)
	Vitamins/supplements
	Malarial medication (if needed)
	Insect repellent
	Sunburn cream

Gear: Some items will be in your backpack for the plane.

Packed	Item
	Ear Plugs
	Camera, instruction book (or bookmark online), cables, charger, batteries, photo cards, etc.
	Cell phone, ear buds, charger, SIM cards
	Computer/notebook and case, charger, flash drives/external drive
	Kindle and charger
	Plug adapter
	Eye glasses
	Journal/notepad and pen
	Plastic envelopes for receipts/tickets/documents
	Headlamp/batteries
	External charger
	Water bottle/Collapsible water bottle
	Luggage locks/ bag tags
	Guidebook (or load to Kindle)
	Small Swiss army knife and spoon – checked bags only!
	Duct tape – wrap a decent amount around a pencil; an amazing “fix it” tool
	Hydration tablets
	Portable laundry line
	Money belt
	Extra duffel/bag for carry-on souvenirs
	Trekking poles – if hiking
	Sleeping bag liner – provides extra warmth and a safe cocoon for questionable bed linens
	Zip lock bags - multiple uses and reuses
	Sunglasses with UV protection
	Sink stopper/plug for doing laundry in the sink
	Small travel umbrella – can also be used for the sun
	Optional: Mask/snorkel

For the Plane

Packed	Item
	Passport and copy to pack in a separate bag
	Visas for the country you are visiting, if needed
	Credit cards/ATM cards
	Vaccination card (if applicable)
	Driver's license for car rentals
	Plane tickets or boarding passes (if not electronic)
	Cash
	Travel insurance documents
	Neck Pillow
	Change of clothes if you are checking a bag
	Snacks/gum
	Reading material/Books/Kindle
	Computer/Smart Phone/Tablet
	Camera