

General Packing List

Must-haves for Trip

- ✓ Valid passport
- ✓ Credit card and/or debit card; cash as desired
- ✓ Prescription medications
- ✓ Eyeglasses or contact lenses

General Advice

- ✓ Limit luggage to essentials.
- ✓ Pack comfortable footwear and clothes.
- ✓ Aim for one suitcase and one carry-on.
- ✓ Read TSA regulations BEFORE packing.

Electronics

- ✓ Research and buy required voltage overseas. This will almost always be different from US.
- ✓ Arrange international phone coverage with your provider BEFORE leaving.
- ✓ Get apps like WhatsApp, Tango, and Zoom so you can communicate easily.
- ✓ Download TV podcasts, ebooks, songs, and movies that you want when traveling.

Medications / Toiletries

- ✓ Prescription medications in separate containers with labels (and pack extra dose)
- ✓ OTC medication for upset stomach, cramps, allergies, headache, motion sickness, etc.
- ✓ Toothbrush and paste, floss, razor, feminine products, deodorant, tissues, soap, detergent
- ✓ Sleeping mask, neck pillow, hand sanitizer, mouthwash, lip balm, lotion

Clothing

- ✓ Pack clothing that is ABC-worthy: appropriate, breathable, and comfortable.
- ✓ Research clothing norms in your destination country, especially as relating to gender.
- ✓ Wear clothes in layers that can be easily added to or shed depending on the weather.
- ✓ Pack clothes and accessories corresponding to the weather and climate you will encounter.

Miscellaneous

- ✓ Sun block, sunglasses, bug repellent, hat, and scarf (especially for females)
- ✓ Disposable bags for dirty laundry and sufficient space for dirty or wet items
- ✓ Small bag/backpack for day trips, journal, pen, tablet, books (novels, devotionals, etc.)
- ✓ Snacks that are good for traveling (granola bars, peanuts, oatmeal, dried fruit, tea bags)